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Better Homes & Gardens

ALL SET *to celebrate*

Serve Up Something New This Holiday Season

PIES FOR EVERY SKILL LEVEL *p. 54*

UPDATE YOUR HEIRLOOMS *p. 28*

A GARDEN'S BIG FALL FINISH *p. 84*

DRESS YOUR TABLE TO IMPRESS *p. 70*

plus **CLEVER SHORTCUTS FOR YOUR THANKSGIVING FEAST**

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CONTENTS

NOVEMBER 2021 | VOLUME 99 | NUMBER 11

life in color

64 **A FLEXIBLE FEAST** Make our menu of delicious, updated classics at your own pace with simple strategies and shortcuts.

70 **AUTUMN GEMS** Planted in a container or arranged in a vase, ornamental kales are the jewels of the season.

76 **A RUSTIC TURN** A modular farmhouse takes on old-time character with DIY tweaks and vintage accessories.

84 **GOLDEN SEASON** Vibrant foliage, tawny grasses, and late-blooming flowers grace this Oregon garden in a big fall finish.

home

28 **TABLETOP** Fresh ways to set the table with vintage china patterns.

38 **DECORATING** How do you balance different tastes in decor? Here's how one couple solved the style equation.

44 **COLOR** Warm or cool, cozy or crisp, vibrant yellow hues create sunny spaces.

food

46 **IN SEASON** The humble cranberry goes beyond sauce in these delicious recipes.

54 **BAKING** A pie pro shares recipes and her secrets for successful piecrust—for bakers of all skill levels.

better

98 **THE GUIDE**

101 **HEALTH** What you need to know about detecting and reversing prediabetes.

104 **PETS** Check out five alternative therapies to benefit your dogs and cats.

ON THE COVER
PHOTO
MARTY BALDWIN
PRODUCED BY
SCOTT J. JOHNSON AND **JESSICA THOMAS**

in every issue

4 **EDITOR'S LETTER**

8 **BHG.COM**

88 **COOKBOOK**

108 **STYLEMAKER**

life

14 **PROJECT JOY** Candles with a twist.

16 **FROM THE EDITORS** Must-have kitchen tools.

18 **KNOW-HOW** Turn a cabinet door into a quick-access info hub.

20 **SKILLS** How to treat eight common stains.

beauty

24 **HEALTHY SKIN** These proven ingredients—plus some promising new ones—can rev up your skincare routine.

PHOTOS: (CHEESECAKE, WINDOW BOX, SALAD) CARSON DOWNING, (BEDROOM) DANE TASHIMA
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EDITOR'S LETTER

a place AT THE TABLE

I was invited to a new friend's house recently for lunch. We'd been out hiking that morning, so we all pitched in to help make the meal and set the table. When I asked which dishes to use, she said offhandedly, "Oh those," and pointed to a shelf of what looked to me like fancy heirloom china. The plates were beautiful, pastel blues and pinks featuring a gnarled trunk and stylized tree peony-looking flowers (I later discovered it was a 19th-century pattern called Indian Tree). When I complimented the dishes at the table, my friend told me they had been in her family a long time, but she liked using them for informal meals. "Why hide them away for only a big occasion? Plus, you're here," she said with a smile.

As someone who doesn't own china because it seems too formal for my lifestyle, I was struck by her comment. When I was young, my family had two sets of special place settings. One was the popular Franciscan Desert Rose pattern my mother referred to as "the pottery." The other set, "the china," was a Haviland pattern called Annette that was pulled out only at Thanksgiving and Christmas. The pottery was used more often, usually for important Saturday night company we didn't know well. I remember the ceremony of setting the table and my mom teaching me where to place the silverware: from the outside in according to order of use. We were not a fancy household, so the pomp was a signal that something beyond the everyday melamine and paper napkins was about to happen.

Going to a bit of trouble with a place setting does let the people at your table know that you view them as important enough for the good stuff. I'm not suggesting you create elaborate arrangements with lots of extra specialty silver for soup, salad, or fish. The point is to make people feel valued but not intimidated by too much overt formality. That's why I love our story this month on using your fanciest dishes in new ways *(page 28)*. I'm inspired by how our style editors Jessica Thomas and Lauren Bengtson make traditional china feel updated and modern by switching up the accessories.

But no matter what level of effort I go to, I always want things to be relaxed and easy. As Emily Post once said, "Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter what fork you use." I couldn't agree more. Now I just need to get some cool old china.

Stephen Orr

STEPHEN ORR,
Editor in Chief
instagram @steporr

PHOTO: MELANIE ACEVEDO/SARAH LAIRD

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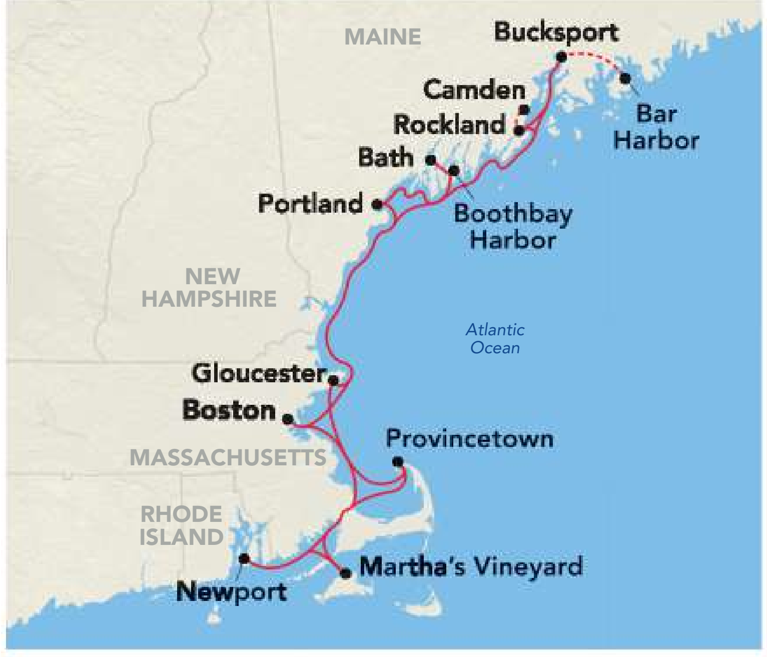
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INSTANT GRATIFICATION MAKE THIS WREATH WITH FAUX AND DRIED FOLIAGE IN JUST AN HOUR.

Showstopper Crafts

Skip the decor shopping and put your own handiwork on full display this holiday season with our favorite harvest projects, including this dried magnolia leaf wreath. ***BHG.com/DIY ThanksgivingCrafts***

[SWEEPSTAKES]

Win $25,000

to design the kitchen of your dreams. Enter at ***BHG.com/Kitchen25k*** for a chance to win. Details on *page 96*.

FIREPLACE CLEANING

An annual deep clean of your chimney is essential for safety and keeping your fireplace in peak condition. Our guide breaks down each area to inspect, the tools you'll need to get the job done, and a cleaning checklist. ***BHG.com/CleanFireplace***

PHOTOS: (WREATH) JACOB FOX, (FIREPLACE) MICHAEL PARTENIO

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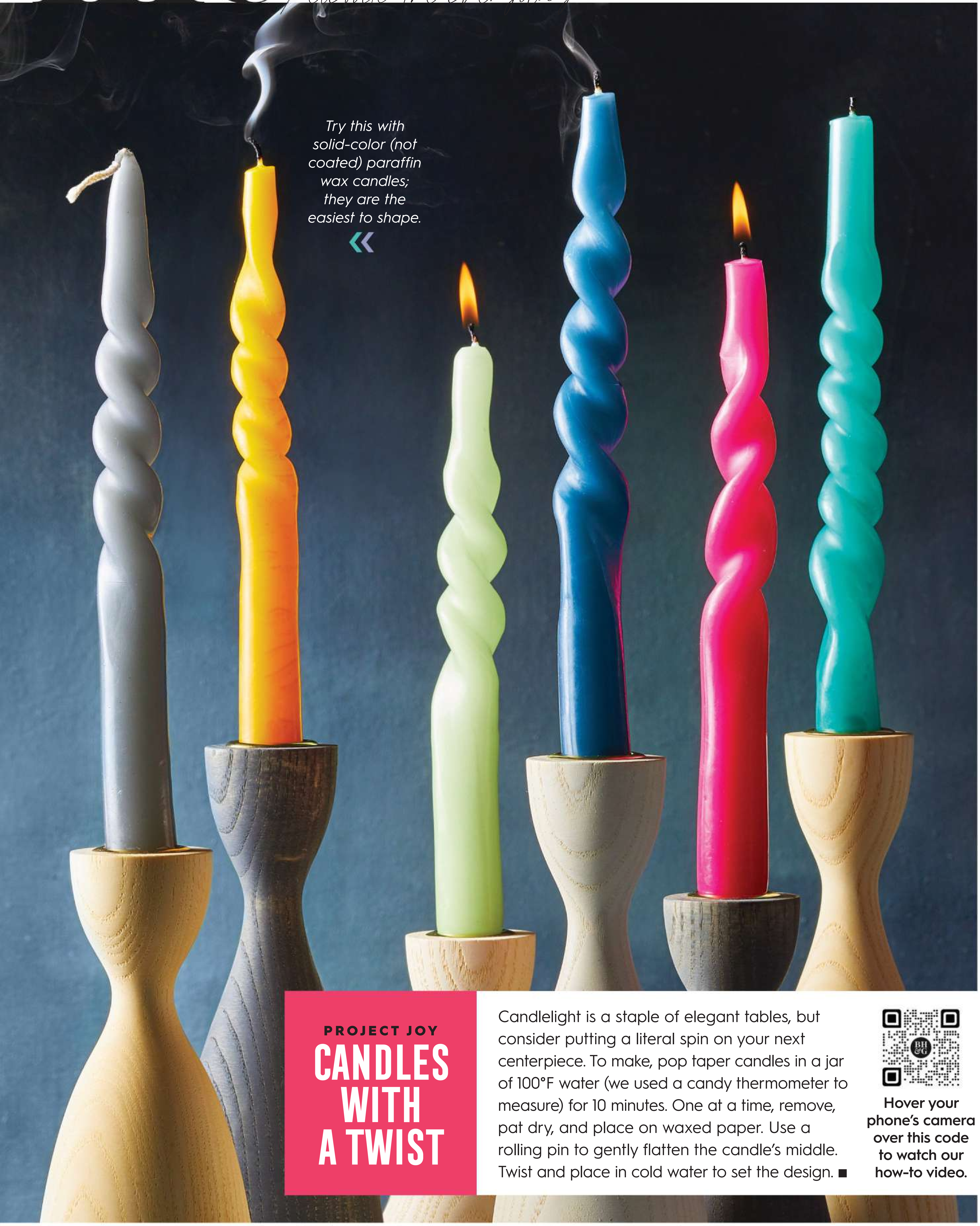

Try this with solid-color (not coated) paraffin wax candles; they are the easiest to shape.

PROJECT JOY

CANDLES WITH A TWIST

Candlelight is a staple of elegant tables, but consider putting a literal spin on your next centerpiece. To make, pop taper candles in a jar of 100°F water (we used a candy thermometer to measure) for 10 minutes. One at a time, remove, pat dry, and place on waxed paper. Use a rolling pin to gently flatten the candle's middle. Twist and place in cold water to set the design. ■

Hover your phone's camera over this code to watch our how-to video.

PHOTO: CARSON DOWNING; CRAFT BY: KIM HUTCHISON

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BH&G FAVES 2021

MEAL-PREP TOOL KIT

Good recipes are important, but the proper tools—and a few delicious surprises—can elevate your holiday meal. Our food editor **Jan Miller** shares her must-haves for pulling off the big feast.

1

169
ThermoPop

2

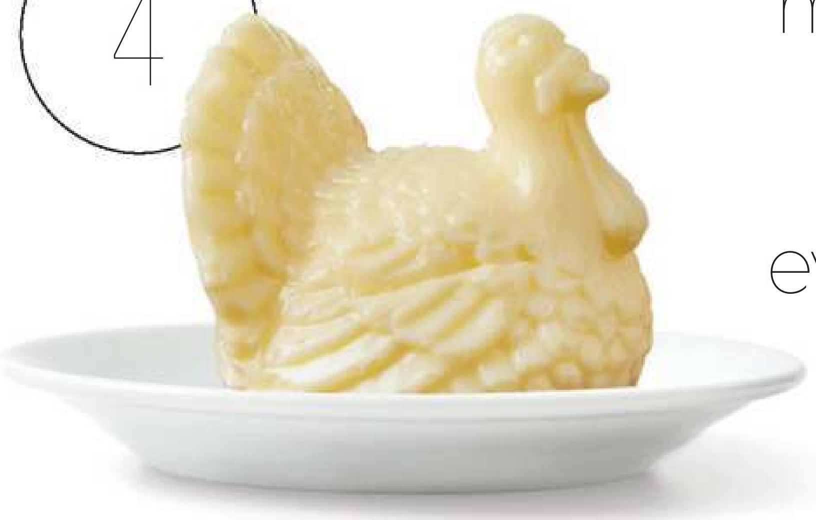
THE SPICE HOUSE
Lake Shore Drive
SHALLOT & HERB SEASONING
Ingredients: Salt, shallots, onion, garlic, chives, pepper.
NET WT. 2.2 OZ (62 G)

This blend is an incredible way to add fresh onion flavor if you aren't in the mood to dice. It's so good stirred into mashed potatoes or sprinkled on green beans or cauliflower.

3

Being the old-school cook that I am, I write out an oven schedule and use a multi-timer to keep track of everything.

4



5

OXO
T1
T2
T3
START STOP
MEMORY CLEAR

6

I like to bake my pumpkin pie in a metal pan. But I nest it inside this gorgeous dish for style points.

7

① **THERMOPOP**
I honestly can't cook on Thanksgiving without an instant read thermometer. I love this one for the rotating display you can read at any angle. $35; *thermoworks.com*

② **LAKE SHORE DRIVE SHALLOT & HERB SEASONING**
$10; *thespicehouse.com*

③ **FISKARS HEAVY DUTY KITCHEN SHEARS**
They're tough enough to cut through bone but great for snipping herbs too. The spring-action handle saves your grip on repetitive tasks. $11; *target.com*

④ **BUTTER SCULPTURE**
Don't laugh. Every year, I buy a small turkey butter sculpture—it's the talk of the table. And I serve it with my grandma's heirloom silver knife, *left*. Find a list of retailers at *kellerscreamery.com.*

⑤ **GOOD GRIPS TRIPLE TIMER** $25; *oxo.com*

⑥ **EMILE HENRY CLASSIC CERAMIC PIE DISH** $40; *food52.com*

⑦ **TOVOLO BULB BASTER** Here's my gravy hack: I pour the drippings from the roasting pan through a fine-mesh sieve into a 4-quart measure. After letting the fat come to the surface, I use the baster to pull the broth from under the fat layer a little bit at a time. It's much easier than skimming with a spoon. $15; *williams-sonoma.com* ■

PHOTOS: MARTY BALDWIN

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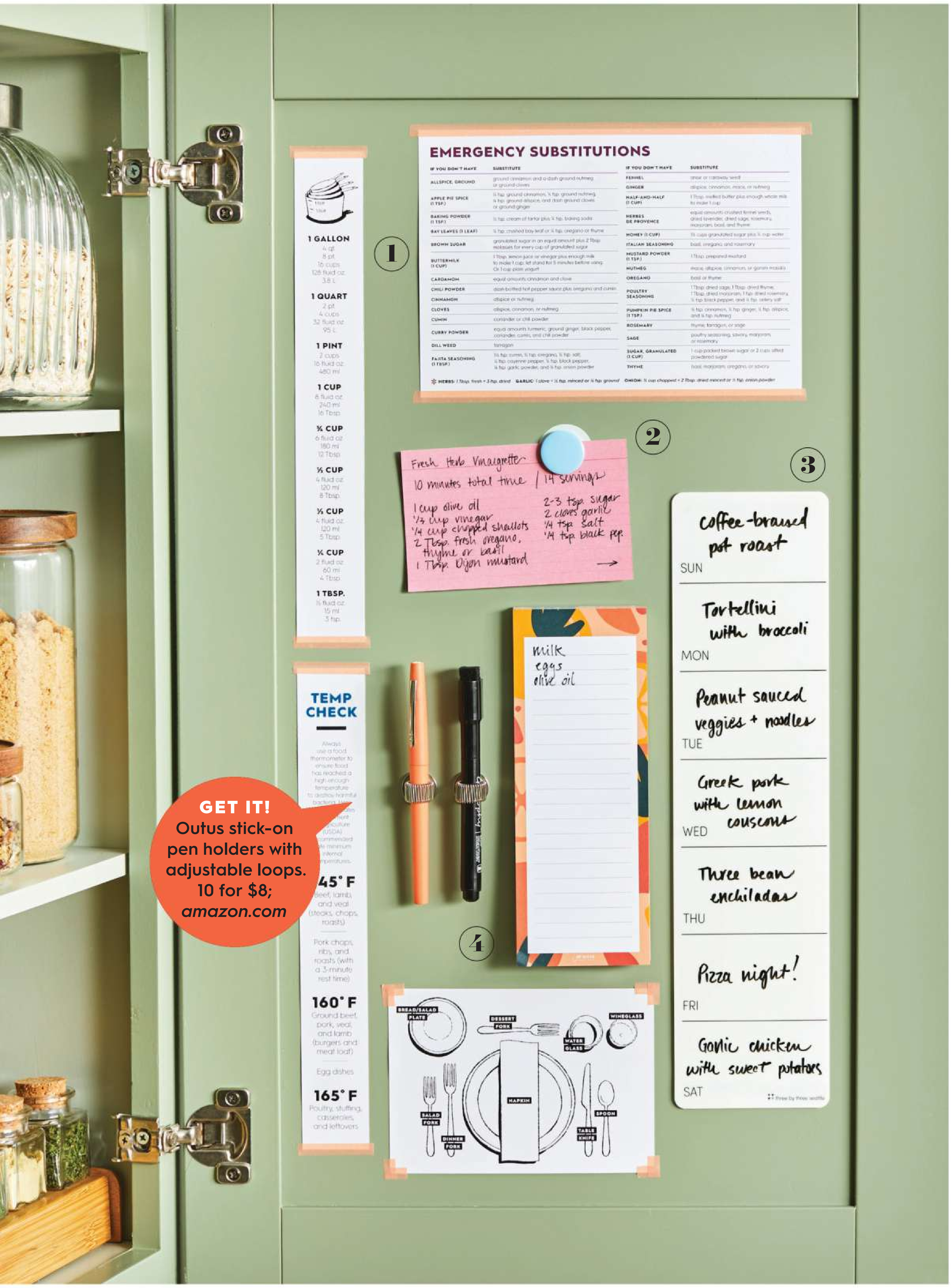
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IF YOU DON'T HAVE
SUBSTITUTE
ALLSPICE, GROUND
APPLE PIE SPICE (1 TSP.)
BAKING POWDER (1 TSP.)
BAY LEAVES (1 LEAF)
BROWN SUGAR
BUTTERMILK (1 CUP)
CARDAMOM
CHILI POWDER
CINNAMON
CLOVES
CUMIN
CURRY POWDER
DILL WEED
FAJITA SEASONING (1 TBSP.)
FENNEL
GINGER
HALF-AND-HALF (1 CUP)
HERBES DE PROVENCE
HONEY (1 CUP)
ITALIAN SEASONING
MUSTARD POWDER (1 TSP.)
NUTMEG
OREGANO
POULTRY SEASONING
PUMPKIN PIE SPICE (1 TSP.)
ROSEMARY
SAGE
SUGAR, GRANULATED (1 CUP)
THYME
HERBS:
GARLIC:
ONION:
1 GALLON
4 qt
8 pt
16 cups
128 fluid oz
3.8 L
1 QUART
2 pt
4 cups
32 fluid oz
.95 L
1 PINT
2 cups
16 fluid oz
480 ml
1 CUP
8 fluid oz
240 ml
16 Tbsp.
¾ CUP
6 fluid oz
180 ml
12 Tbsp.
½ CUP
4 fluid oz
120 ml
8 Tbsp.
⅓ CUP
4 fluid oz
120 ml
5 Tbsp.
¼ CUP
2 fluid oz
60 ml
4 Tbsp.
1 TBSP.
½ fluid oz
15 ml
3 tsp.
TEMP CHECK
145° F
Beef, lamb, and veal (steaks, chops, roasts)
Pork chops, ribs, and roasts (with a 3-minute rest time)
160° F
Ground beef, pork, veal, and lamb (burgers and meat loaf)
Egg dishes
165° F
Poultry, stuffing, casseroles, and leftovers
1
2
3
4
Fresh Herb Vinaigrette
10 minutes total time / 14 servings
1 cup olive oil
⅓ cup vinegar
¼ cup chopped shallots
2 Tbsp. fresh oregano, thyme or basil
1 Tbsp. Dijon mustard
2-3 tsp. sugar
2 cloves garlic
¼ tsp. salt
¼ tsp. black pep.
→
milk
eggs
olive oil
SUN
Coffee-braised pot roast
MON
Tortellini with broccoli
TUE
Peanut sauced veggies + noodles
WED
Greek pork with lemon couscous
THU
Three bean enchiladas
FRI
Pizza night!
SAT
Garlic chicken with sweet potatoes
three by three seattle
BREAD/SALAD PLATE
DESSERT FORK
WINEGLASS
WATER GLASS
NAPKIN
SALAD FORK
DINNER FORK
TABLE KNIFE
SPOON

GET IT! Outus stick-on pen holders with adjustable loops. 10 for $8; *amazon.com*

①
FAST FACTS

Nothing halts culinary progress like running out of baking powder—or oregano or, *gasp*, pumpkin pie spice. Our printable list of key ingredient subs will keep meal prep flowing, along with the other helpful guides shown here: measurement conversions, meat temperatures, and a table setting guide. Download *below*.

②
FLEXIBLE STORAGE

Use magnetized stickers to hang a rotating cast of recipe cards or coupons. $15; *goodhangups.com*

③
MENU PLANNER

Post your plans on a dry-erase sheet. Up-Date Weekly, $9; *threebythree.com*

④
SHOPPING LIST

Stick a pad to the door so anyone can add items and you can tear off sheets to take to the store. Keep this low on the door so it's in easy reach. Fruit print pad, $11 for 3; *jotandmark.com* ■

PRINTABLES

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PHOTO: JASON DONNELLY

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STAIN GUIDE

Pie, eaten. Plates, cleared. Thanks, given. It's time to survey the damage to your table linens. "They can get a workout on holidays," says cleaning pro and founder of Detroit Maid **Danielle Smith Parker.** Here's how she treats common stains.

FOOD GREASE

Put dish soap on the stain and let it sit for 10 minutes before laundering with cold water. Repeat if there are still traces of the stain. Remember: You should always confirm a stain is completely gone before using the dryer.

PUMPKIN & SWEET POTATO

Scrape off any excess with a dull knife and run the fabric inside out under cold water to flush out as much of the stain as possible. Pretreat with a laundry stain remover, then wash the fabric on hot.

CRANBERRY SAUCE

Rinse the stain with cool water. Add 1 tablespoon white vinegar and ½ teaspoon liquid laundry detergent to 1 quart cool water.

RED WINE

Saturate the area in white vinegar, then rub in liquid detergent. Run under hot water to lift the stain.

Blot the mixture on the stain with a clean cloth until the spot has disappeared.

CANDLE WAX

Scrape off what you can with a dull knife, then use a hair dryer to melt remaining wax. This will leave an oily residue you can dab away with a cotton ball soaked in rubbing alcohol. Launder the item as usual.

CHOCOLATE

Remove any crumbs or hardened chocolate with a dry, clean toothbrush. Add 1 tablespoon dish soap to 2 cups warm water and apply mixture using a microfiber cloth, gently dabbing the stain. Do not rub, which can work the stain deeper into the fabric. Repeat a few times before soaking up the solution with a clean towel.

GRAVY

Add ¼ teaspoon dishwashing liquid and 3 drops ammonia to ½ cup warm water. Using a clean cloth, press the solution into the stain; do not rub. If the spill is on wool or silk, use club soda instead of ammonia.

LIPSTICK

Pretreat with liquid laundry detergent, working it in with a toothbrush. Allow the detergent to sit for at least 15 minutes, then wash the fabric on hot. If necessary, repeat before drying. ■

BY: DANIELLE SMITH PARKER; PHOTO: MARTY BALDWIN; STYLING: LAUREN MCANELLY

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beauty

HEALTHY SKIN

REV UP YOUR SKINCARE ROUTINE

If your daily routine involves cleansing, moisturizing, and applying sunscreen in the morning, you're already doing great. Seriously. A lot can be gained from a simple, consistent program. But if you want to venture beyond the basics—without falling down a beauty rabbit hole of extra steps—we're here to help. We talked to top dermatologists to identify three ingredients proven to change your skin, along with some promising newbies. Add one or add them all. Your skin will thank you.

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As the name implies, this protein gives tissue its elasticity. It's about 1,000 times more flexible than collagen.

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1

peptides The little strings of amino acids known as peptides are an important component of any wrinkle-smoothing regimen, says New York dermatologist Macrene Alexiades, M.D., Ph.D. Why? "Peptides are masterful at signaling your skin to produce more collagen and elastin, which directly reduce wrinkles," she says. They also play well with other skincare. You can apply a peptide cream with your serum or your retinol and not worry about triggering irritation.

→ **TRY: Neutrogena Rapid Firming Peptide Contour Lift Cream** ($30; *target.com*) delivers hydration plus smoothing.

BY MEGAN DEEM

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2 ANTIOXIDANTS

■ WHAT THEY DO Antioxidants neutralize the free radicals that weaken and break down skin collagen and elastin. **■ WHAT PROS KNOW** Antioxidants work stronger as a team, so look for a blend rather than a single one. "You often see vitamin C, vitamin E, and ferulic acid together because they stabilize each other. They're more potent together than they are apart," says New York dermatologist Michelle Henry, M.D. **■ HOW TO USE** Apply an antioxidant serum in the morning under moisturizer and sunscreen to provide extra defense from UV light and other environmental stressors.

➔ **TRY: Versed Auto-Save Advanced Restoring Serum** ($25; *target.com*) combines vitamin C and ferulic acid at a great price.

Give eyes an energy drink

Like caffeine, guarana (in Clarins Total Eye Lift, $89; *clarins.com*) and taurine (part of Kinship Brightwave Energizing + Brightening Eye Cream, $32; *lovekinship.com*) boost circulation to help eyes look more rested.

3 RETINOL

■ WHAT IT DOES After sunscreen, retinol (a derivative of vitamin A) is every dermatologist's BFF. "It has so many skin benefits—not only for wrinkle prevention, discoloration, pore size reduction, and stimulation of collagen, but also for acne, melasma, and specific skin diseases," says Corey L. Hartman, M.D., a dermatologist in Birmingham, AL.

■ WHAT PROS KNOW Overusing retinol can cause redness and peeling so start slowly. If you have darker skin and are prone to hyperpigmentation, you especially want to avoid irritation, which can trigger dark spots. Begin with a low concentration, like **Fig. 1 Retinol Renewal Cream No. 1** ($38; *fig-1.co*), which contains a gentle 0.15 percent retinol.

■ HOW TO USE Apply a pea-size amount at night over moisturizer (for less chance of irritation). Work your way up to using it two to three times a week. Since retinol induces cell turnover, skip it the same night you use other exfoliating ingredients, such as benzoyl peroxide or AHAs.

■ TWO TO TRY Find 30 fresh doses of retinol in **RoC Line Smoothing Night Serum Capsules** ($25; *target.com*). **L'Oréal Paris Revitalift Pressed Night Cream** ($37; *lorealparisusa.com*) pairs retinol with soothing niacinamide. ■

PHOTOS: (FIG. 1, ROC, AND L'OREAL PARIS) CARSON DOWNING; (VERSED) JASON DONNELLY

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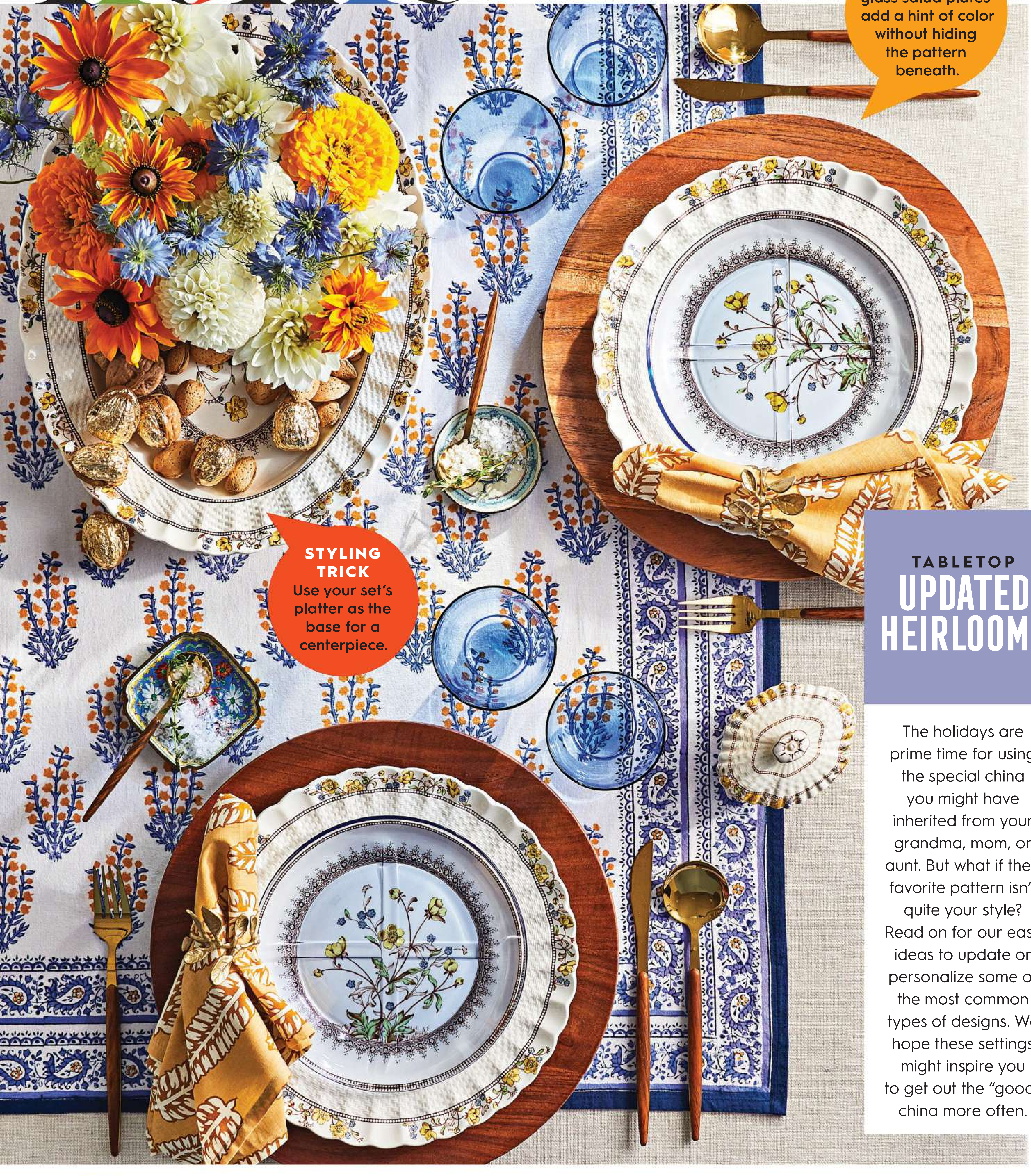
TABLETOP

UPDATED HEIRLOOMS

The holidays are prime time for using the special china you might have inherited from your grandma, mom, or aunt. But what if their favorite pattern isn't quite your style? Read on for our easy ideas to update or personalize some of the most common types of designs. We hope these settings might inspire you to get out the "good" china more often.



TOP IT OFF Blue-tinted glass salad plates add a hint of color without hiding the pattern beneath.

STYLING TRICK Use your set's platter as the base for a centerpiece.

botanical scenes

One way to update somewhat formal botanical china (like Spode's Buttercup) is to pair it with botanical-print linens and touches of natural wood. Bonus: Blue elements temper this summery pattern for fall. ■ **Sagar Blue & Marigold Tablecloth,** from $68; *pomegranateinc.com* ■ **Acacia Wood Charger,** $12 each; *target.com* ■ **Mustard Leaf Napkin,** $52 for 4; *dearkeaton.com* ■ **Budding Leaf Napkin Ring,** $34 for 4; *shopterrain.com* ■ **Kosta Boda Bruk Salad Plate**, $14 each; *bedbathandbeyond.com* ■ **Departo Blue glasses,** $10–$12; *unisonhome.com* ■ **Portugal cutlery,** $16 for 5-piece set; *kitchboom.com*

PHOTOS: CARSON DOWNING; CHINA THROUGHOUT PROVIDED BY REPLACEMENTS, LTD., REPLACEMENTS.COM

PRODUCED BY JESSICA THOMAS AND LAUREN BENGTSON

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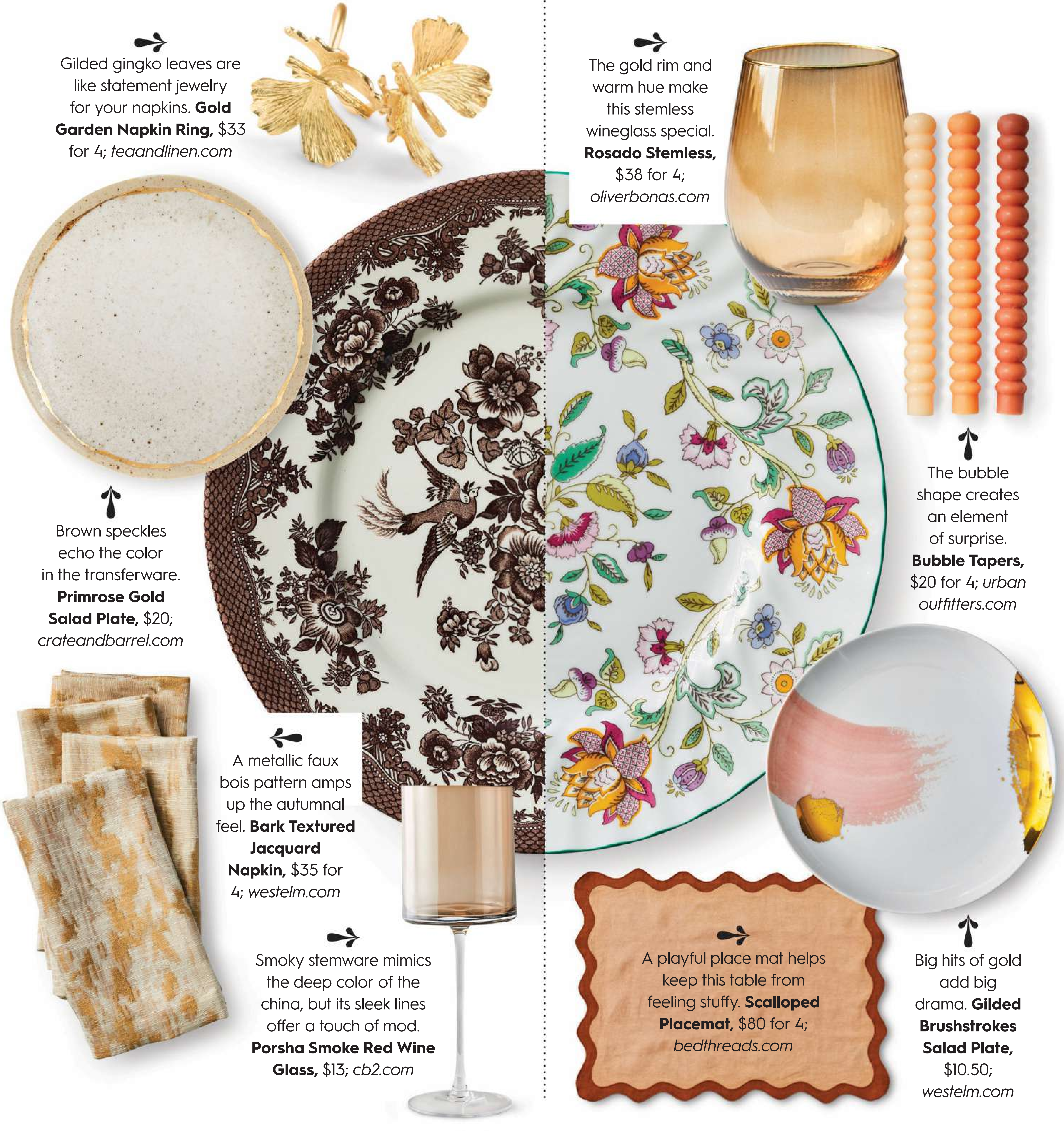
old DISHES, *new* LOOK

With help from Replacements, Ltd. (a favorite source for buying and repairing vintage china), we identified more of the most popular pattern styles. Here are our lessons for each.

transferware On-trend speckled ceramics and metallic bark-patterned napkins make a classic transferware pattern (like this Asiatic Pheasant Brown dinner plate by Royal Stafford) feel more down-to-earth. Contemporary glassware and repeating gold accents keep the look elevated.

allover florals Balance busy patterns like this one (Haddon Hall from Minton) by playing up a single color in the pattern (we picked orange) and repeating it in varying shades on the table. An overtly modern piece (say, an abstract salad plate) in the mix transforms the entire setting.



Gilded gingko leaves are like statement jewelry for your napkins. **Gold Garden Napkin Ring,** $33 for 4; *teaandlinen.com*

Brown speckles echo the color in the transferware. **Primrose Gold Salad Plate,** $20; *crateandbarrel.com*

A metallic faux bois pattern amps up the autumnal feel. **Bark Textured Jacquard Napkin,** $35 for 4; *westelm.com*

Smoky stemware mimics the deep color of the china, but its sleek lines offer a touch of mod. **Porsha Smoke Red Wine Glass,** $13; *cb2.com*

The gold rim and warm hue make this stemless wineglass special. **Rosado Stemless,** $38 for 4; *oliverbonas.com*

The bubble shape creates an element of surprise. **Bubble Tapers,** $20 for 4; *urban outfitters.com*

A playful place mat helps keep this table from feeling stuffy. **Scalloped Placemat,** $80 for 4; *bedthreads.com*

Big hits of gold add big drama. **Gilded Brushstrokes Salad Plate,** $10.50; *westelm.com*

PHOTOS: (NAPKINS, STEMLESS GLASS, SALAD PLATES, PLACE MAT) CARSON DOWNING

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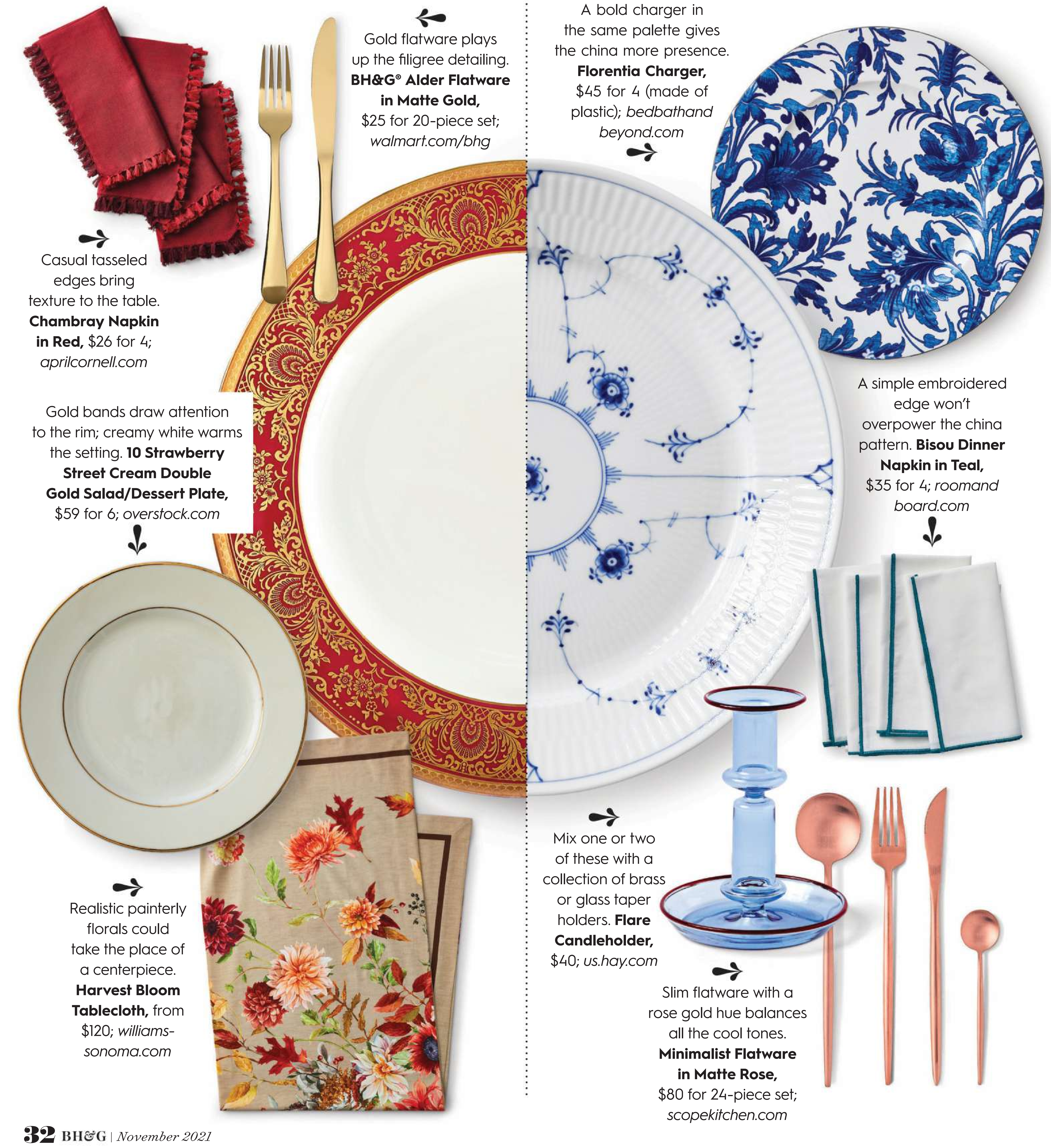
bold rims To update plates with a bold, ornate rim (like Style 3244 from Rosenthal-Continental), pair them with a tablecloth that also has big personality, but in a contrasting style. A loose overall floral fabric echoes the china's color but tones down its formality. Keep the rest of the elements simple so they don't fight for the spotlight.

delicate designs Dainty patterns with intricate scrolling or line work can easily get lost on a large table. Call attention to delicate designs like this one (Royal Copenhagen's Blue Fluted Plain) by sticking to pieces in the same colors. Avoid placing salad plates or napkins on top of the dinner plates where they'll hide the pattern.



Gold flatware plays up the filigree detailing. **BH&G® Alder Flatware in Matte Gold,** $25 for 20-piece set; *walmart.com/bhg*

Casual tasseled edges bring texture to the table. **Chambray Napkin in Red,** $26 for 4; *aprilcornell.com*

Gold bands draw attention to the rim; creamy white warms the setting. **10 Strawberry Street Cream Double Gold Salad/Dessert Plate,** $59 for 6; *overstock.com*

Realistic painterly florals could take the place of a centerpiece. **Harvest Bloom Tablecloth,** from $120; *williams-sonoma.com*

A bold charger in the same palette gives the china more presence. **Florentia Charger,** $45 for 4 (made of plastic); *bedbathandbeyond.com*

A simple embroidered edge won't overpower the china pattern. **Bisou Dinner Napkin in Teal,** $35 for 4; *roomandboard.com*

Mix one or two of these with a collection of brass or glass taper holders. **Flare Candleholder,** $40; *us.hay.com*

Slim flatware with a rose gold hue balances all the cool tones. **Minimalist Flatware in Matte Rose,** $80 for 24-piece set; *scopekitchen.com*

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STORAGE TIP
Keep platters in a sturdy gift box lined with felt.

how to STORE CHINA

When it's time to put it all away, take care to ensure your collection stays table-ready.

SEPARATE AND STACK "Always place a coffee filter or piece of felt between pieces so they don't scratch each other," says Julie Robbins, product specialist at Replacements. And never stack plates or bowls more than 10 high. "The weight can actually damage pieces on the bottom," Robbins says.

STORE Opt for hard-sided cases to protect your dishes on all sides, like these round ones, *left*, from The Container Store, or use a bankers box. Also pay attention to temperature: "The cold or heat in attics and garages can crack the glazes," Robbins says. (Hard-sided cases, blue felt liners, and silver flatware wraps are available at *containerstore.com*.) ■

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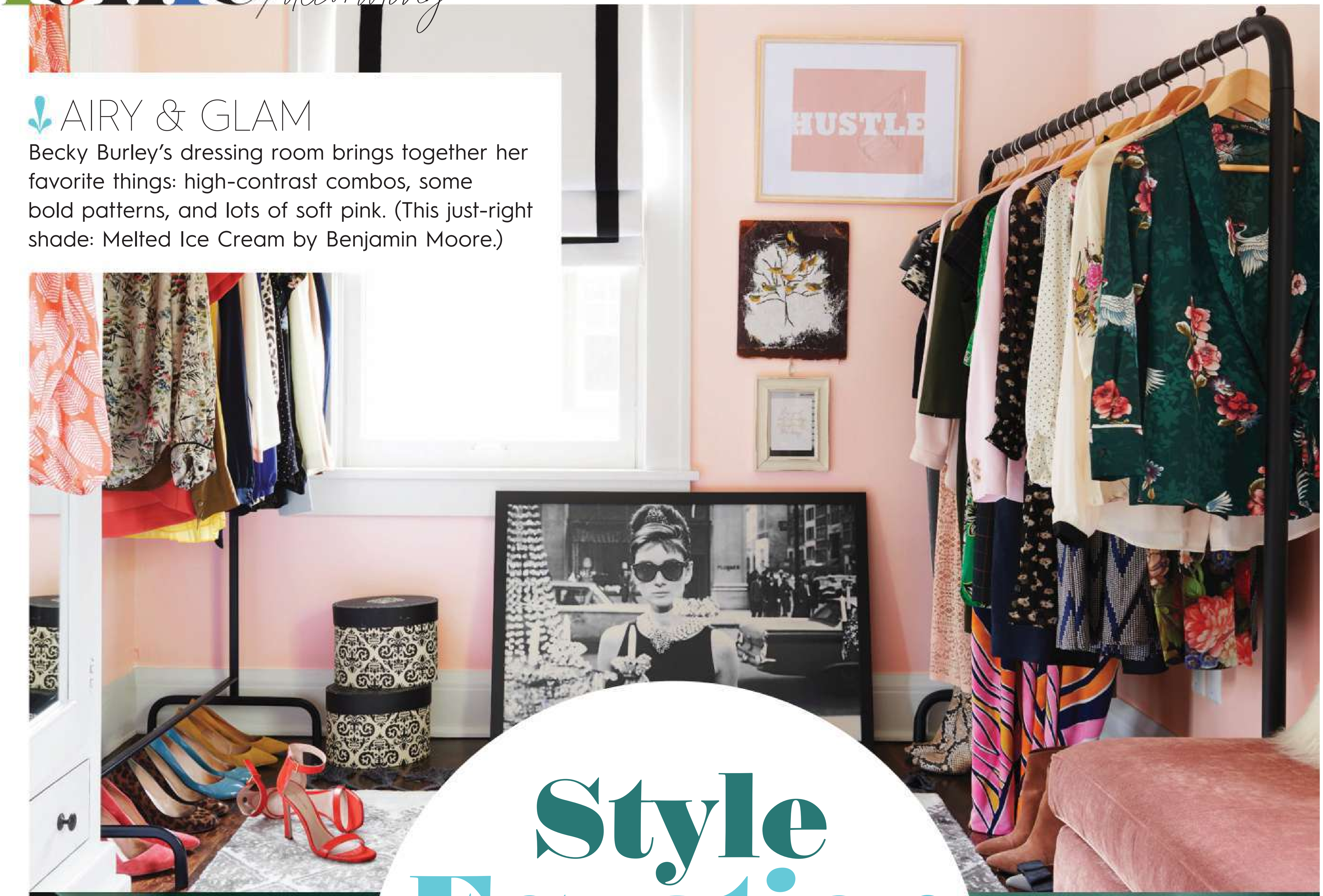
Style Equation

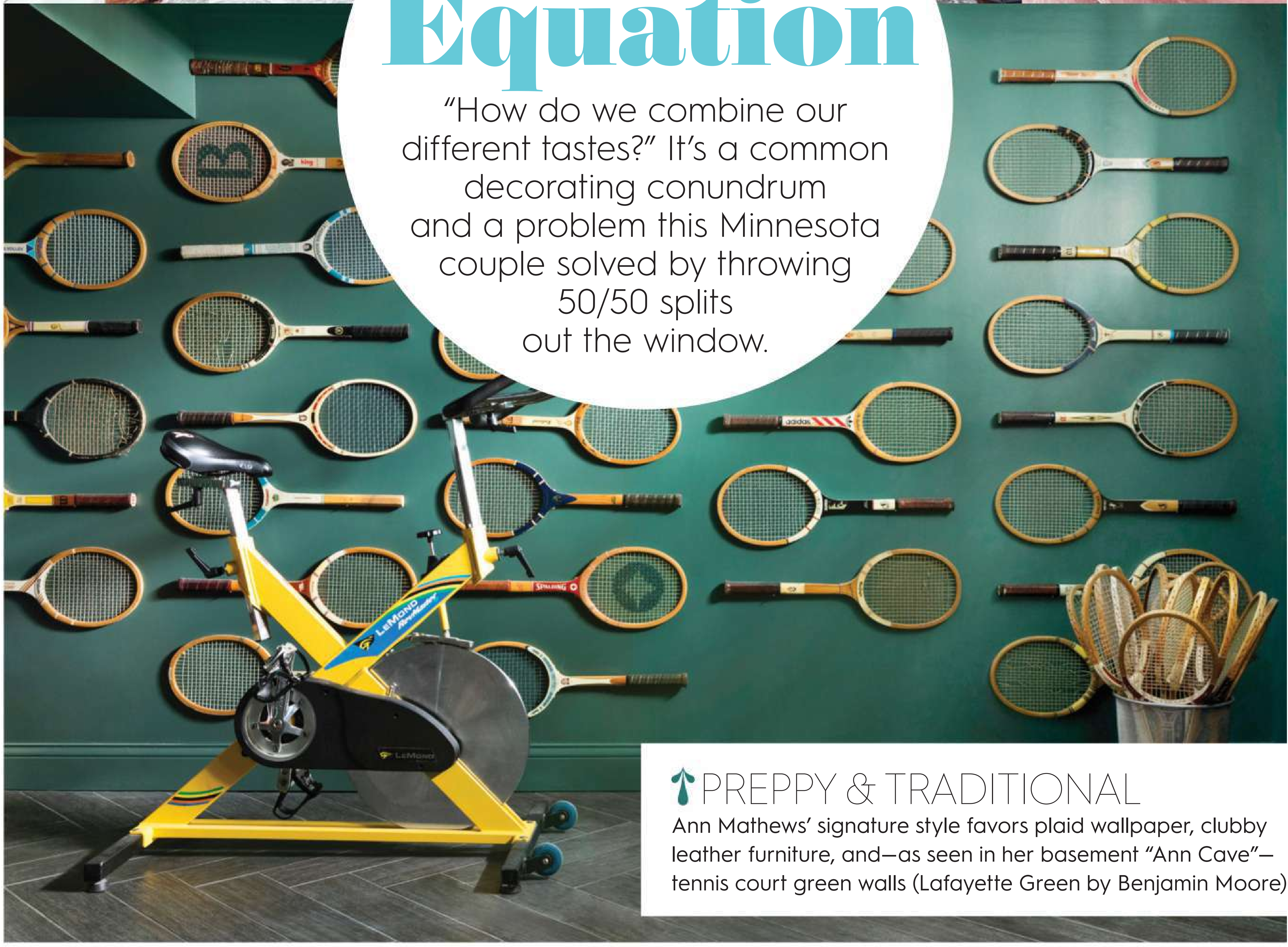
"How do we combine our different tastes?" It's a common decorating conundrum and a problem this Minnesota couple solved by throwing 50/50 splits out the window.

BY **KELLY RYAN KEGANS** PHOTOS **JOSH GRUBBS**



AIRY & GLAM

Becky Burley's dressing room brings together her favorite things: high-contrast combos, some bold patterns, and lots of soft pink. (This just-right shade: Melted Ice Cream by Benjamin Moore.)



PREPPY & TRADITIONAL

Ann Mathews' signature style favors plaid wallpaper, clubby leather furniture, and—as seen in her basement "Ann Cave"—tennis court green walls (Lafayette Green by Benjamin Moore).

PHOTO: (RACKETS) SPACECRAFTING

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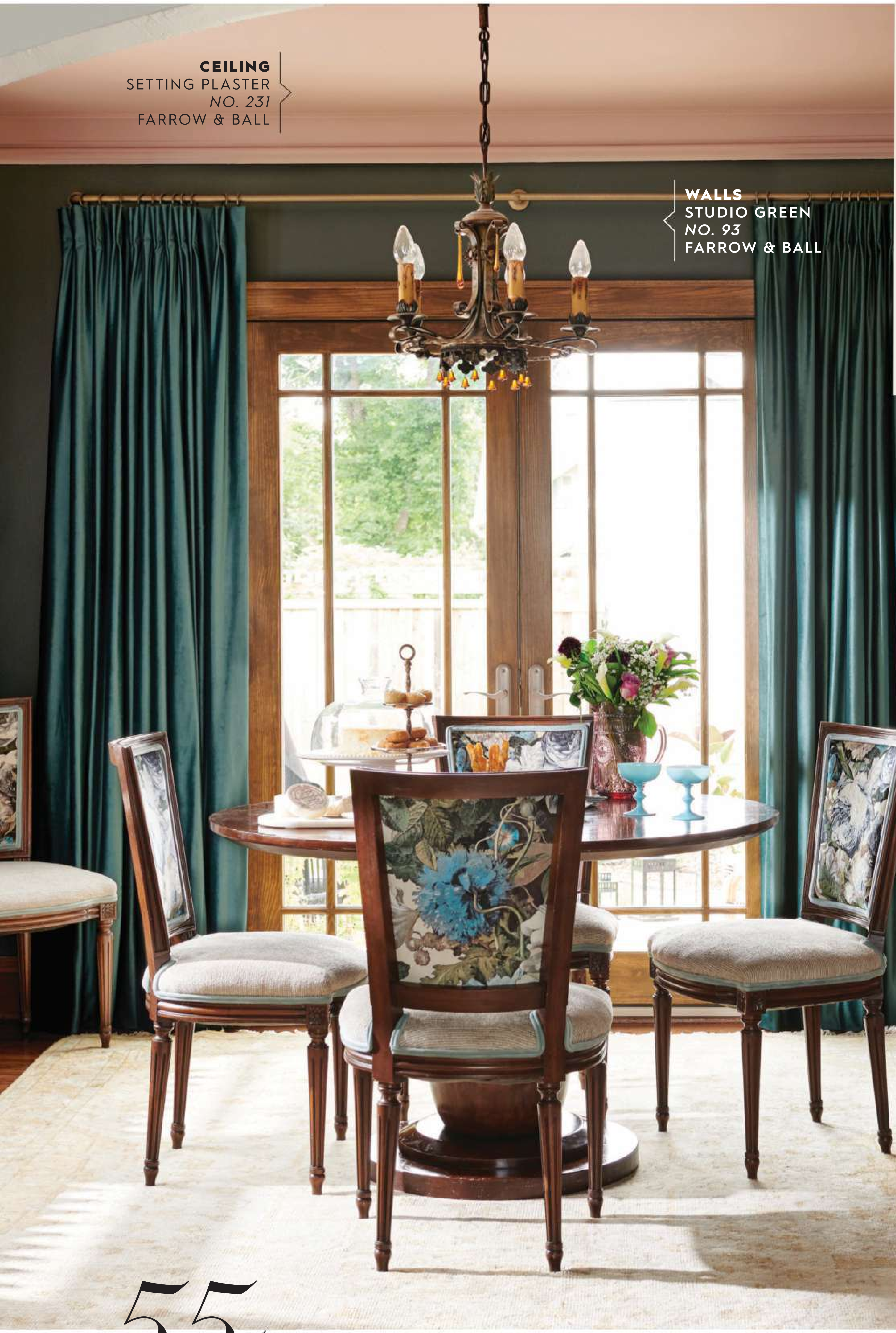
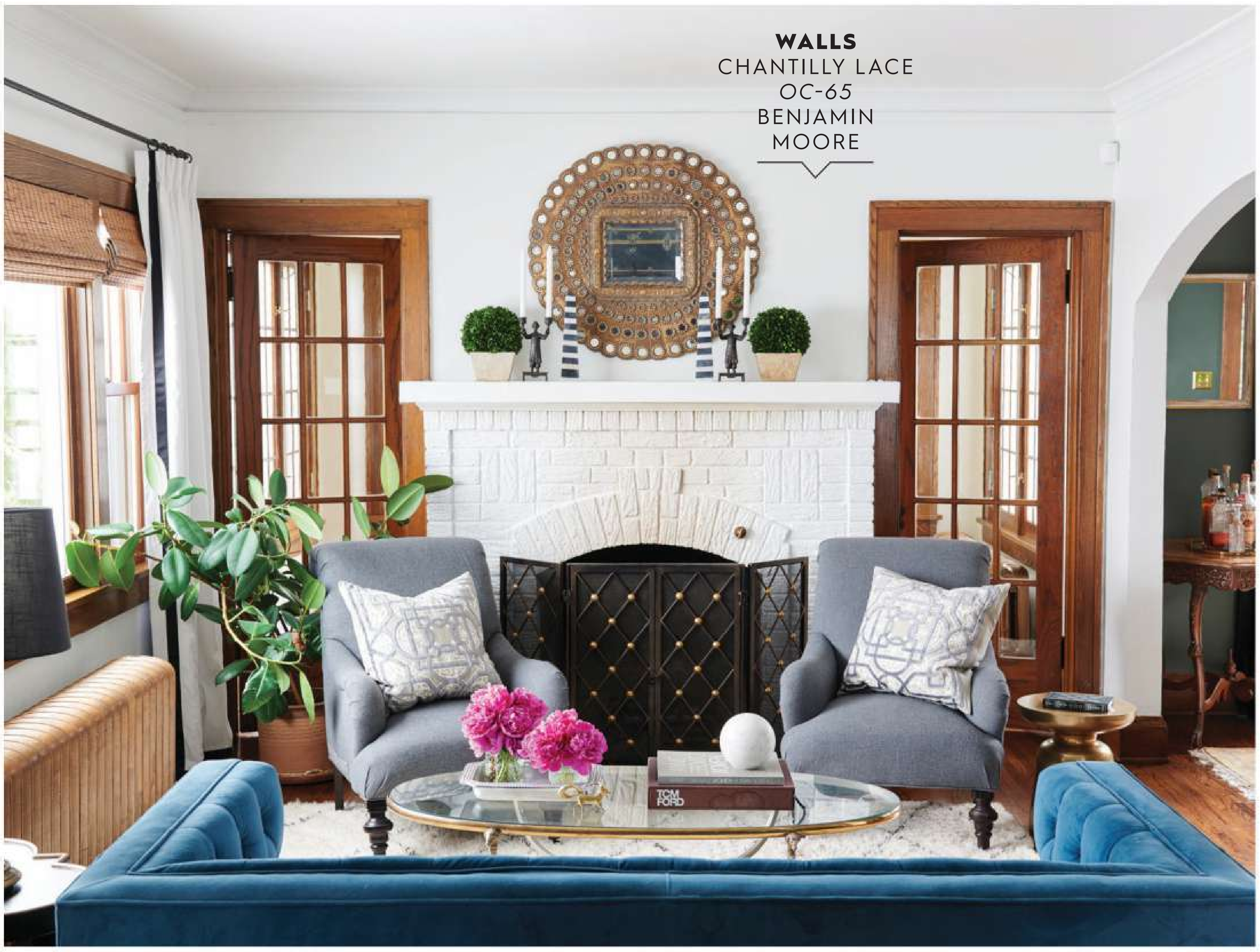
Hover your smartphone camera over the code to have your voice heard.

Becky Burley and Ann Mathews have well-defined but disparate styles: Becky (*above,* on left) radiates friendly glam, from her bold patterned jackets to her vibrant heels. Ann prefers preppy, from her fitted blazers down to her lace-up oxfords. When Ann moved in, Becky wanted to weave Ann's personality throughout their home. But blending their different decorating tastes required an expert-level mix master, Minneapolis designer Heather Peterson. Though her aim was to express each woman's style, Peterson's design formula isn't about creating perfect balance in every room. "Each space is either baseline Becky or Ann," Peterson says, "with different proportions of the other mixed in."



55/45
Ann / *Becky*

DINING ROOM "This space represents both of our styles," Becky says. "It has a classic turn-of-the-century vibe with subtle softness." For her part, there's a bit of blush on the ceiling and vintage chairs covered in a dramatic floral velvet. Ann gets a cozy dose of dark green on the walls and drapes. Both influences work together to highlight the warm original woodwork in the 1925 bungalow.



30
Ann
Becky
70

LIVING ROOM

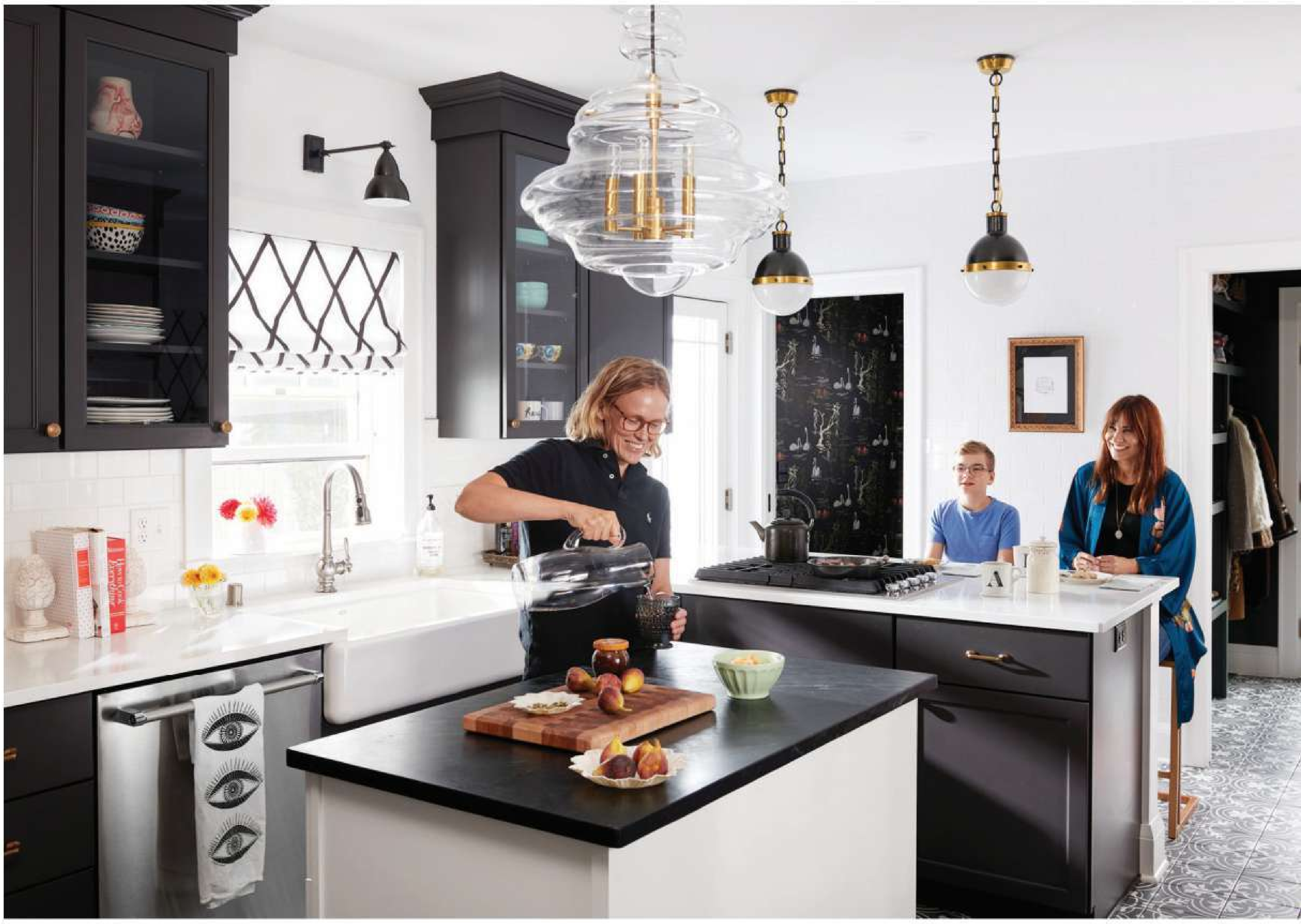
The low armchairs belonged to Becky, but re-covering them in gray wool channels Ann's style (she dubs it "menswear with Nantucket leanings") and complements the vivid blue tufted sofa. Brass accents, chosen to pick up the amber tones in the stained woodwork, appear throughout the house and help connect the different spaces.

> "A SUCCESSFUL BLEND DOESN'T HAVE TO MEAN EQUAL PROPORTIONS IN EVERY ROOM."
> HEATHER PETERSON
> *designer*

45
Ann
Becky
55

KITCHEN

An addition gave the couple (here with Becky's nephew) the much-appreciated function of a powder room and mudroom, plus space for a roomy island and double oven (points for Ann, who loves to cook). The timeless black-and-white palette speaks to both women, but the patterned floor tile, brass stools, and a clear glass pendant tip the scales toward the look Becky favors.



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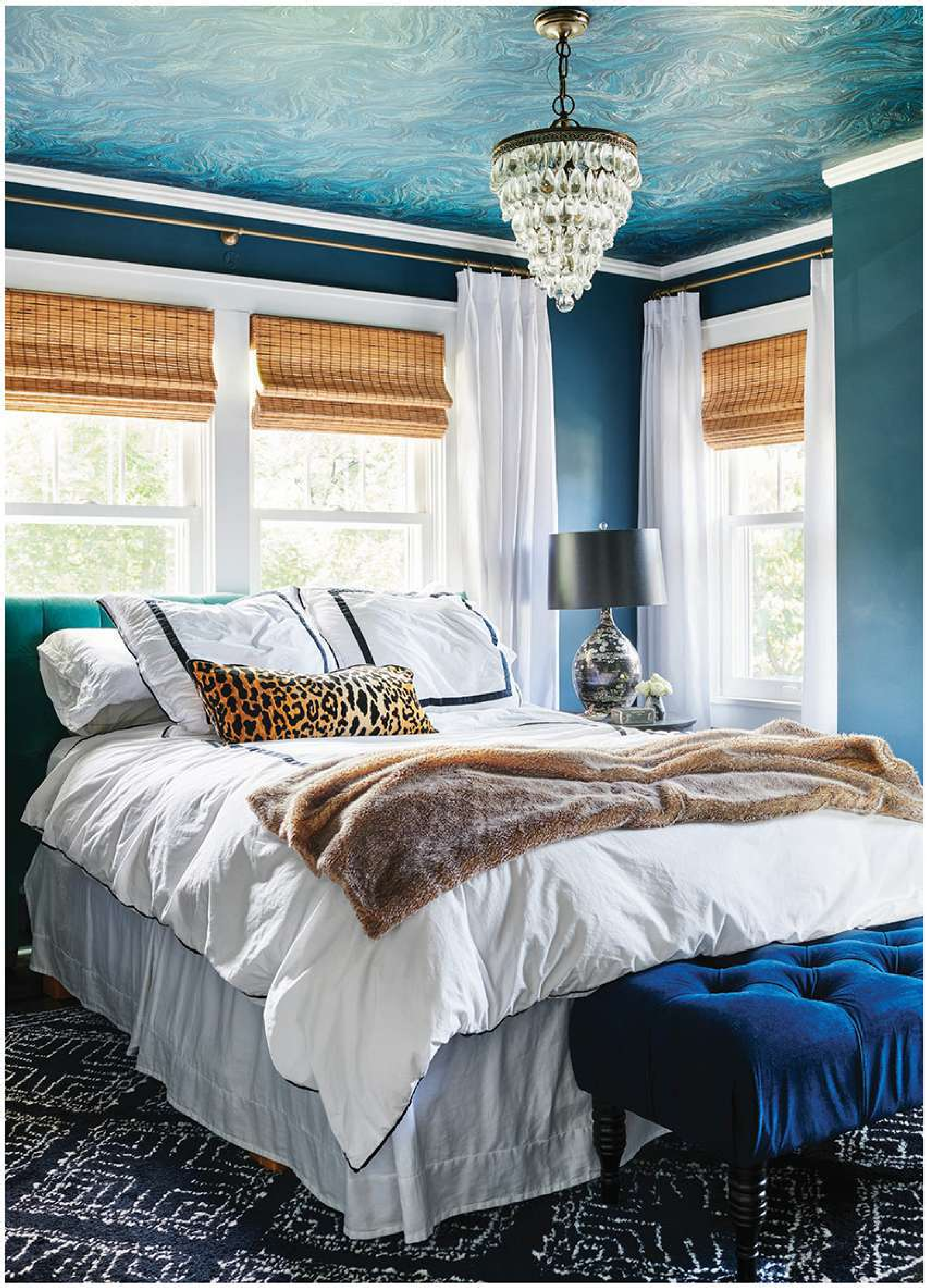


40 Ann / Becky 60

PRIMARY BEDROOM

Going dark on the walls was a tough call, Ann says. When Peterson initially suggested the inky teal color (Hague Blue by Farrow & Ball), “I wasn't sure I could go that far,” Becky says. “But now we love the drama of it, and it's one of our favorite places to hang out, read, and watch movies.” Layers of rich greens and blues (as in the headboard and bench) create depth and dimension, capped off by a striking ceiling wallpapered in a marbled pattern (Venus by Thibaut).

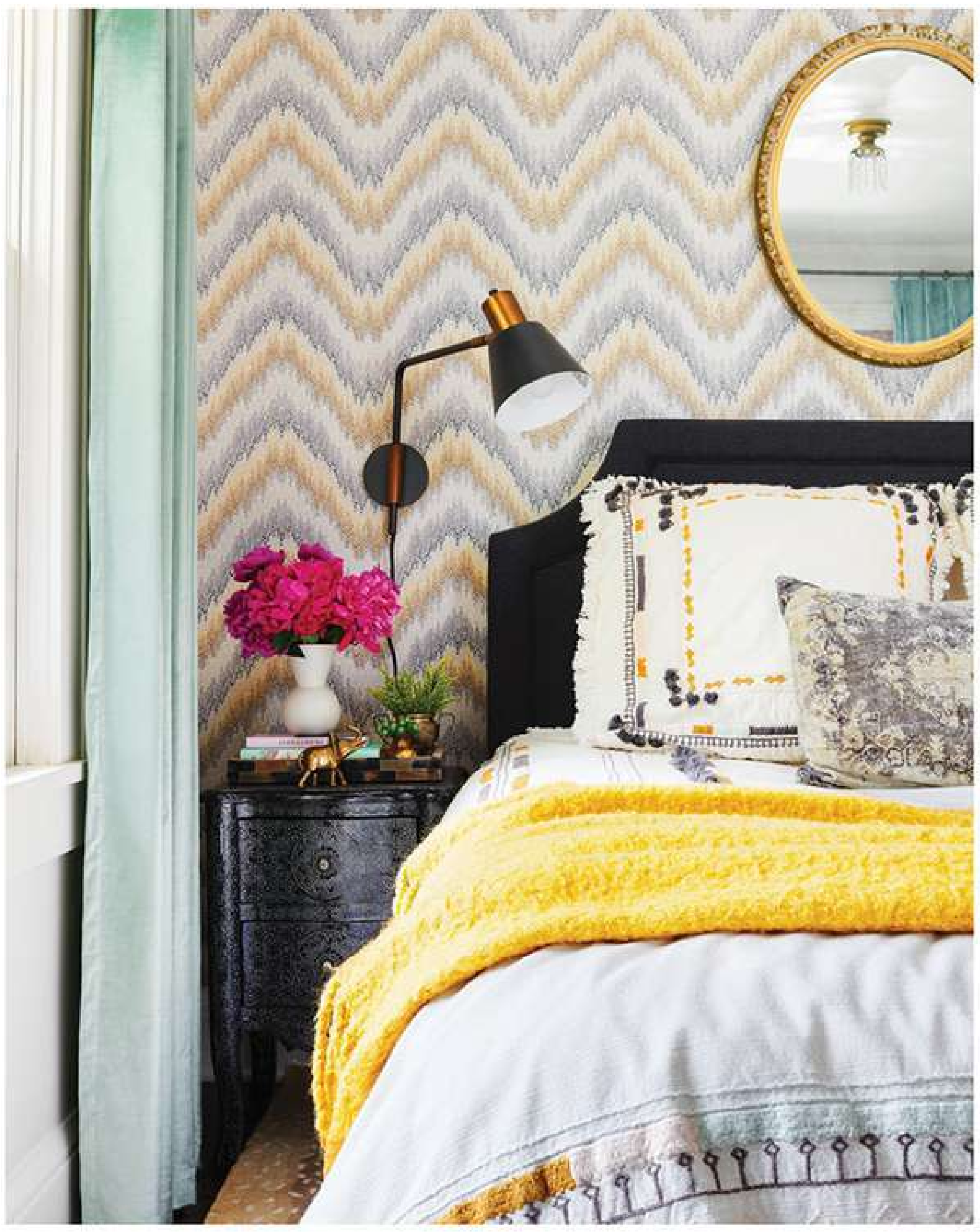
60
Ann *Becky*
40

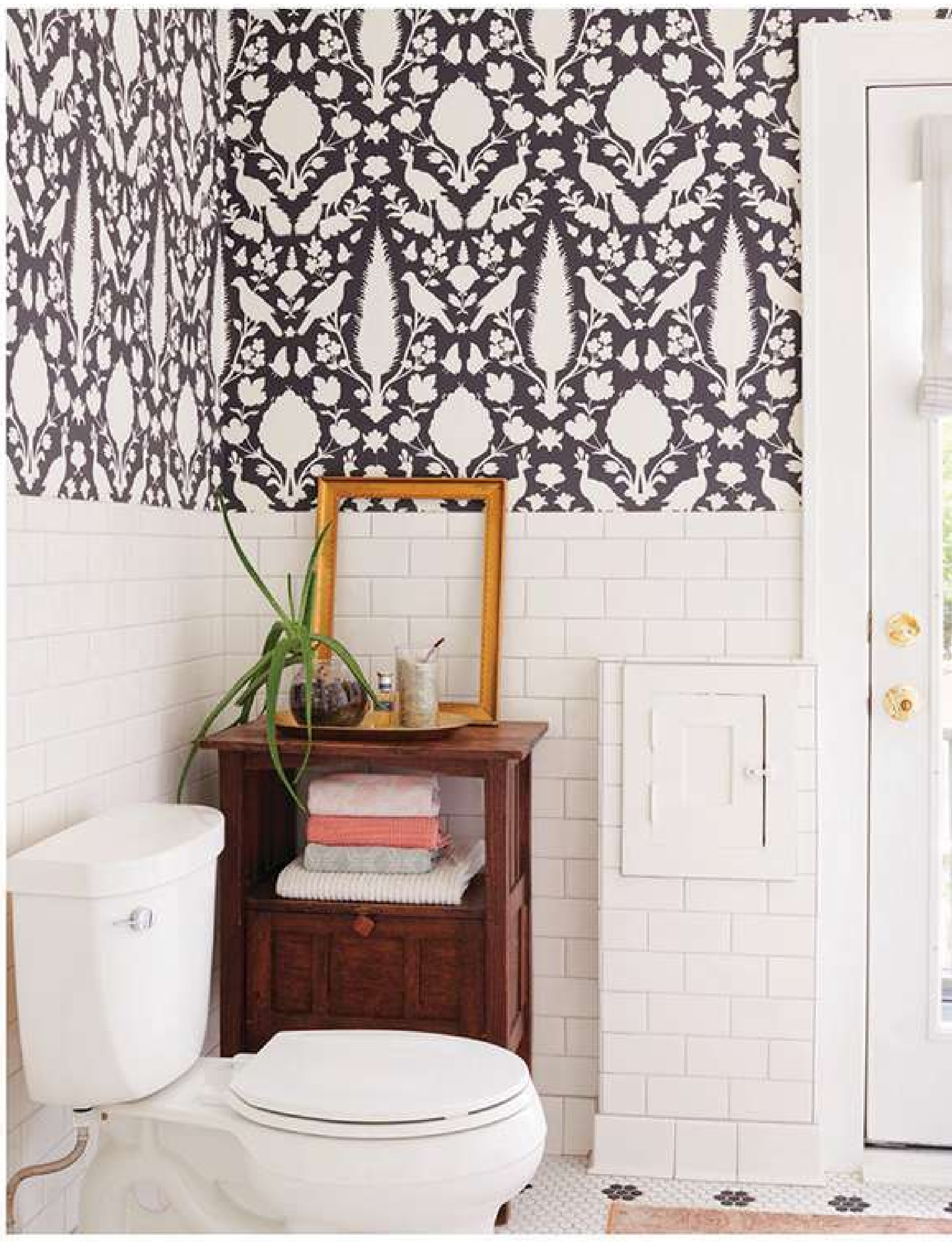
GUEST ROOM

Black sharpens the soft mint-yellow pairing and the texture in flame stitch wallpaper and a tweed headboard.

BATHROOM

Overscale and high contrast, the damask wallpaper balances classic white subway tile and mosaic floors. "The room is both vintage and modern," Peterson says. ■





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room to GLOW

Yellow is a chameleon color—how it looks on your walls is particularly dependent on the amount of natural light in your home and the colors of other surface finishes, like floors. So testing your top picks is essential. Pale floors reflect light, brightening the color, while rich wood finishes can have a darkening effect. Have a lot of brown furniture? Go for a warm yellow. "The umber that is evident in a warmer yellow is very friendly to antiques," says designer Ann Lowengart.

*
Paint colors may appear different on the printed page. Always test actual paint to assess the true color in your space.

BH&G INSIDER
Become an Insider member for exclusive content, including ideas for what to pair with yellow in your decorating scheme. *BHG.com/Yellow Combos*

BY **CAYLIN HARRIS** PHOTO **ADAM ALBRIGHT**

STYLING: JESSICA THOMAS

TRY IT AT HOME

Consider color temperature when choosing a yellow: Warm tones feel cozy and comforting, cool ones crisp and fresh. These small spaces show the impact.

WARM YELLOW

Artist and designer Luke Edward Hall used Babouche by Farrow & Ball to create a welcoming entry. "It makes me smile the second I walk in the door," he says. Plenty of natural light makes the color sing; white trim and artwork in dark frames cut the intensity.

Young House Love Farmhouse Pendant in Hello Sunshine, $70; shadesoflight.com

Uma Upholstered Dining Chair in Dark Horseradish, $300 (set of 2); westelm.com

COOL YELLOW

In a west-facing powder room with little natural light, Lowengart went big on color, painting the cabinet and trim Inner Glow by Benjamin Moore. "The yellow I used is very bright and happy," she says. "If you want to make a statement, paint the trim too." Patterned wallpaper softens the effect. ■

> Bright yellow in a tiny space feels unexpected. It surprises and delights.
>
> ANN LOWENGART

Tufted Stripe Illusion Rug in Ochre, from $178; anthropologie.com

Roberta Side Table in Bright Yellow Steel, indoor/outdoor, $140; shopthenovogratz.com

PHOTOS: (HALLWAY) REBECCA REID, (POWDER ROOM) PAUL DYER

IN SEASON

HERE'S TO THE HUMBLE CRANBERRY

Cranberries are one of a handful of fruits truly native to North America. And with their season in full swing, we can't help but add their signature flavors—sweet, tart, and savory—to just about everything. Consider these recipes a tour of a few delicious ways you can bring cranberries to the table before—and after—it's time to break out the Thanksgiving sauce.

This rich dish, including the hard cider-spiked pan sauce, comes together in one oven-going skillet.

RECIPES BEGIN ON PAGE 95.

pork chops with cranberries & pears

We invited all our favorite autumn flavors to the party: pears and cranberries, pork, rosemary, and a splash of hard apple cider. Consider this dish reason enough to keep a bag of fresh or frozen cranberries on hand.

BY **HALI BEY RAMDENE** FOOD STYLING **CHARLIE WORTHINGTON**

PHOTOS: CARSON DOWNING; RECIPES BY: KATE RAMOS

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Salsa macha is an oil-based, chile-nut salsa from Veracruz, Mexico, that's often served with fish. Our cranberry-studded riff is equally delicious over rice, avocado toast, and roasted veggies.

cranberry salsa macha

Despite its fiery hue, expect this bold salsa to bring more flavor than heat. Dried cranberries' natural sweetness tempers two types of chiles (pasilla and morita), and sunflower seeds add crunch. A jar lasts up to a month in the fridge so you have ample time to try it on practically any savory dish.

cranberry-ricotta pancakes with salted maple butter

Creamy ricotta in the batter delivers both fluff and richness to these silver dollar pancakes flecked with fresh cranberries and slathered in a salted maple butter. Keep them on the smaller side and cook them low and slow so they stay light and tender as they cook through.

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Both cranberries and hibiscus have an inherent tartness, but while cranberries bring straight pucker, hibiscus also lends faint floral notes.

cranberry-hibiscus babka

This braided sweet bread looks as festive as it tastes thanks to a ripple of a vibrant stove-top cranberry-hibiscus jam. Like any good holiday treat, this babka can do it all: Wrap it up for a hostess gift, slice it for afternoon tea, or just let it be your weekend baking therapy.

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SANTA'S NEW FAVORITE
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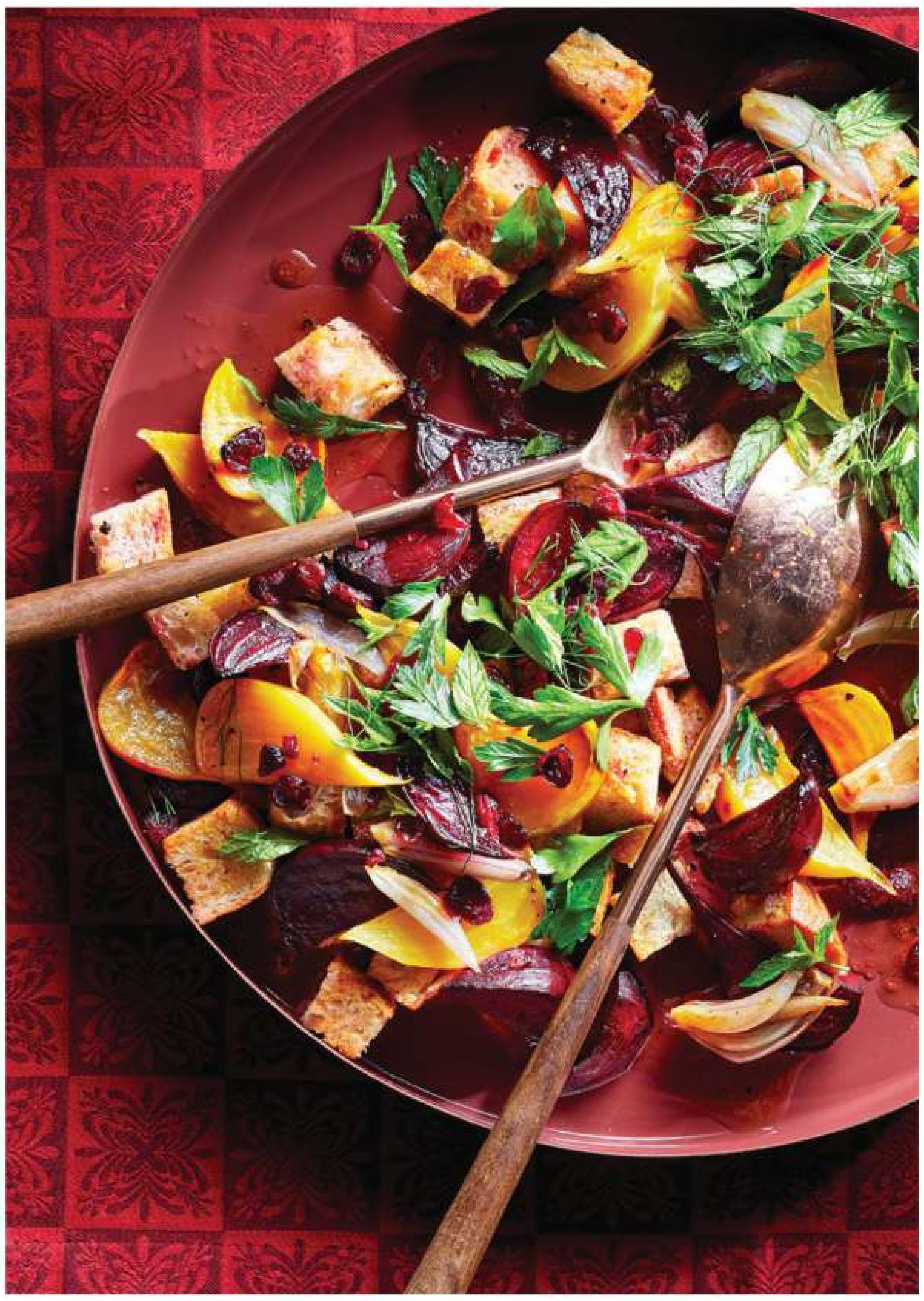
cranberry & beet panzanella

The secret to this weeknight-friendly panzanella—an Italian salad traditionally made with veggies, crispy bread cubes, and dressing—is a hardworking vinaigrette that starts with cranberry juice. Use it to season the beets, shallots, and bread cubes before roasting, then serve the whole thing with a finishing drizzle.



cranberry pisco sour As cocktails go, a little effort can go a long way. You'll need a bit of lead time to make the cranberry simple syrup—the base of this delicate, frothy cocktail with lots of juicy flavor—but while it chills, you can knock out the sugared cranberry garnish. ■

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with KISSES.
KISSES Nutty Sugar Cookie Blossoms
Get the recipe at hersheyland.com

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pick YOUR pie

Pie may be a Thanksgiving essential, but pastry can feel intimidating, especially with the rest of the holiday meal to prep. *Pie Camp* author **Kate McDermott** has a plan to help bakers at any skill level succeed without stress.

BEGINNING BAKERS

BROWN SUGAR GINGERSNAP PUMPKIN CHIFFON PIE

If the idea of rolling out dough makes store-bought pies sound like the way to go, try this one instead. The cookie crumb crust is easy to press in and spends only 6 minutes in the oven. Plus, the silky pumpkin filling cooks on the stove, and the whole thing sets up in the fridge before a final flourish of whipped cream.

Meet the Teacher Award-winning cookbook author Kate McDermott has taught hundreds of people to make pie. Since 2008, her in-person and virtual Pie Camps have welcomed both new and experienced bakers to learn the finer points of pastry. The dough tips and three pies on these pages, each adapted from her newest book, *Pie Camp*, demonstrate her encouraging approach and offer a blueprint for baking success.

ART OF THE PIE

FOOD STYLING: GREG LUNA; RECIPES BY: KATE MCDERMOTT

BY **EMILY TEEL** PHOTOS **JACOB FOX**

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MAKE IT YOURS
Swap in apples for the pears and walnuts or pecans for the hazelnuts.

OCCASIONAL BAKERS

HONEY HAZELNUT PEAR GALETTES

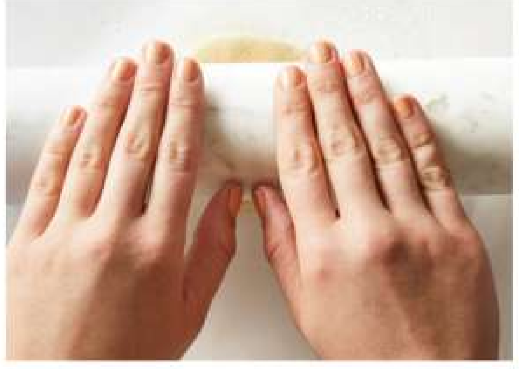
Mini galettes look like something from an artisan bakery, but the hazelnut filling—a sugar, butter, egg, and nut mixture called frangipane—is as easy as basic buttercream. Cream cheese in the crust yields a forgiving pastry that's not as temperature sensitive as an all-butter option, so you can take more time to roll it out without stress.

RUSTIC CHARM *No need to roll out perfect pastry circles. Rough edges and pleats give galettes character.*

HOW-TO: ROLL ANY PIECRUST

The trick to rolling out pie dough, McDermott says, is doing it at the right temperature. If the dough is too cold, rolling will be a struggle. Too warm, and it will be unwieldy. It should feel cool to the touch but be pliable. If in doubt, she suggests the belly button test: "If I stick my finger in the dough and can see a belly button, it's usually ready to go. Temperaturewise, butter starts getting soft at 59°F, so I try to roll between 54°F and 58°F."

1 Line surface with parchment paper and dust with flour; lightly sprinkle the dough too. With a rolling pin, press down on the dough in three places. Use paper to turn dough a quarter turn.



2 Center rolling pin on dough and place hands on top to best feel the pastry. Roll toward 12 o'clock, then pick up the pin and roll from center to 6 o'clock. Give it a quarter turn and repeat.

3 Continue rolling around the clock from the center out, turning and sprinkling with flour as necessary, until pastry is about 2 inches larger than your pie pan.

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THREE TIMES THE LATTICE

A twist on the classic lattice top, this triple-strand version is more intricate and can be used with any fruit-filled pie. For a diamond pattern, place strips across each other at a 45-degree angle.

1 Using a knife, pastry cutter, or wheel-style pizza cutter, cut 30 to 42 strips of pastry that are ½ to ¾ inch wide. Place half of the strips on top of the filled pie so top is covered.

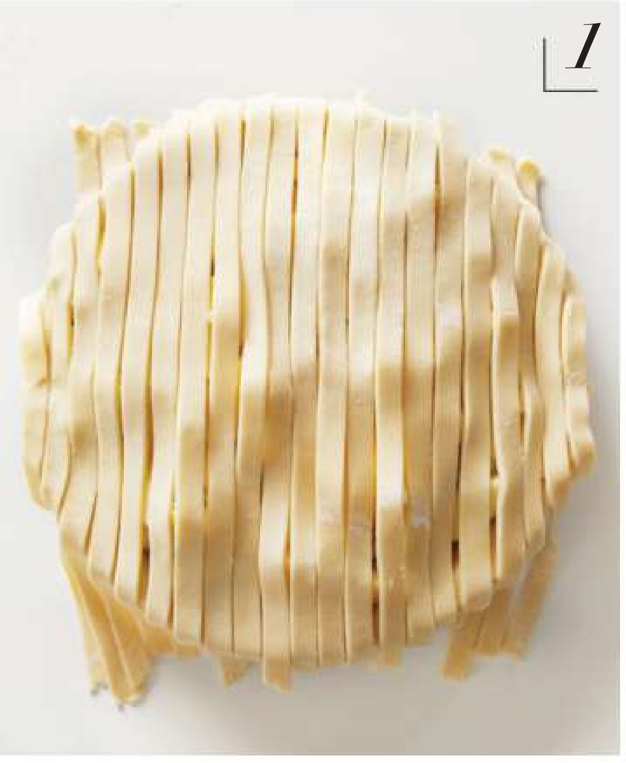
2 Fold over every other set of three strips at the midline of the pie. Lay three strips over top, perpendicular to the first sets of strips. Unfold the folded strips so they lie across the perpendicular ones.

3 Working from edge to edge of the pie, fold over the strips running underneath the first perpendicular set so they drape over top. Lay a set of three strands across, then unfold the folded strips back over the new ones. Repeat with rest of pie.

4 Once the entire top of the pie is woven, trim the extra dough and finish with whatever edge you like.

FINISHING TOUCH
Echo the shapes in the triple-strand lattice with a simple fork tine crimp or a braided edge.

BRUSH IT OFF
Use a pastry brush to remove excess flour after rolling out dough.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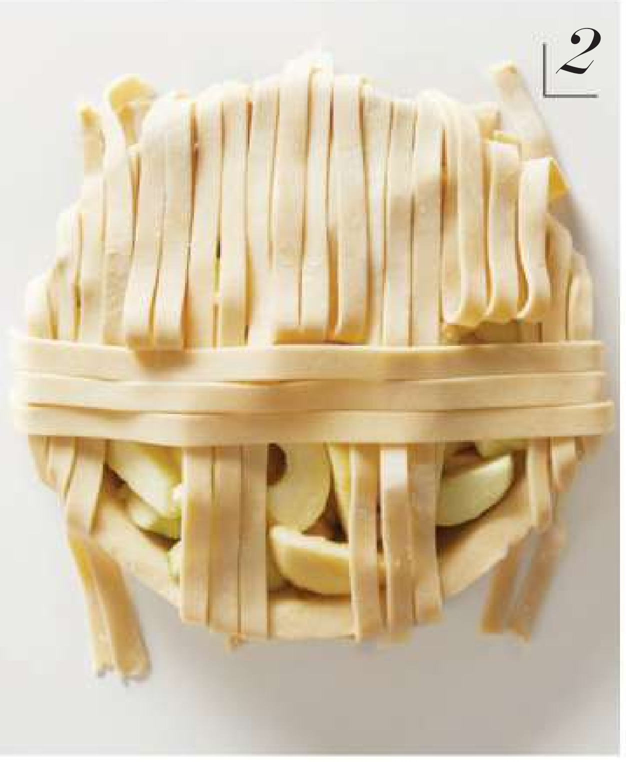
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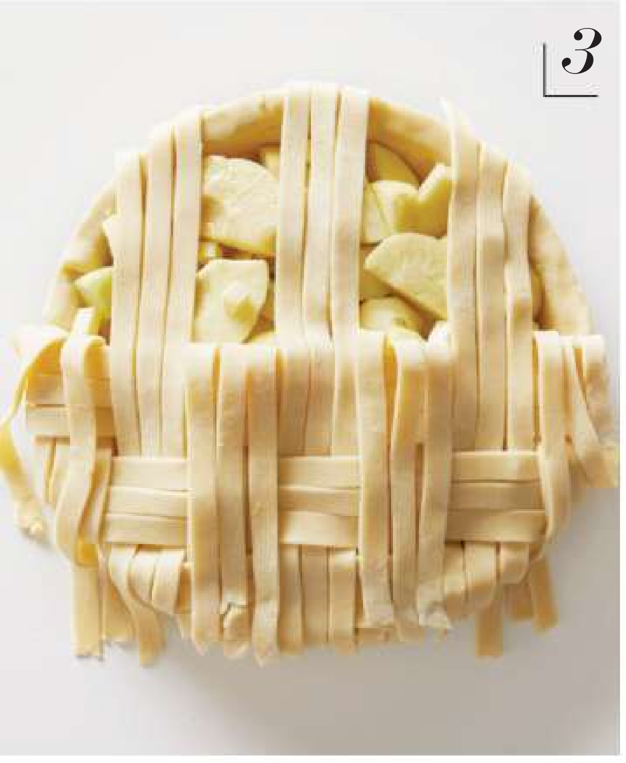
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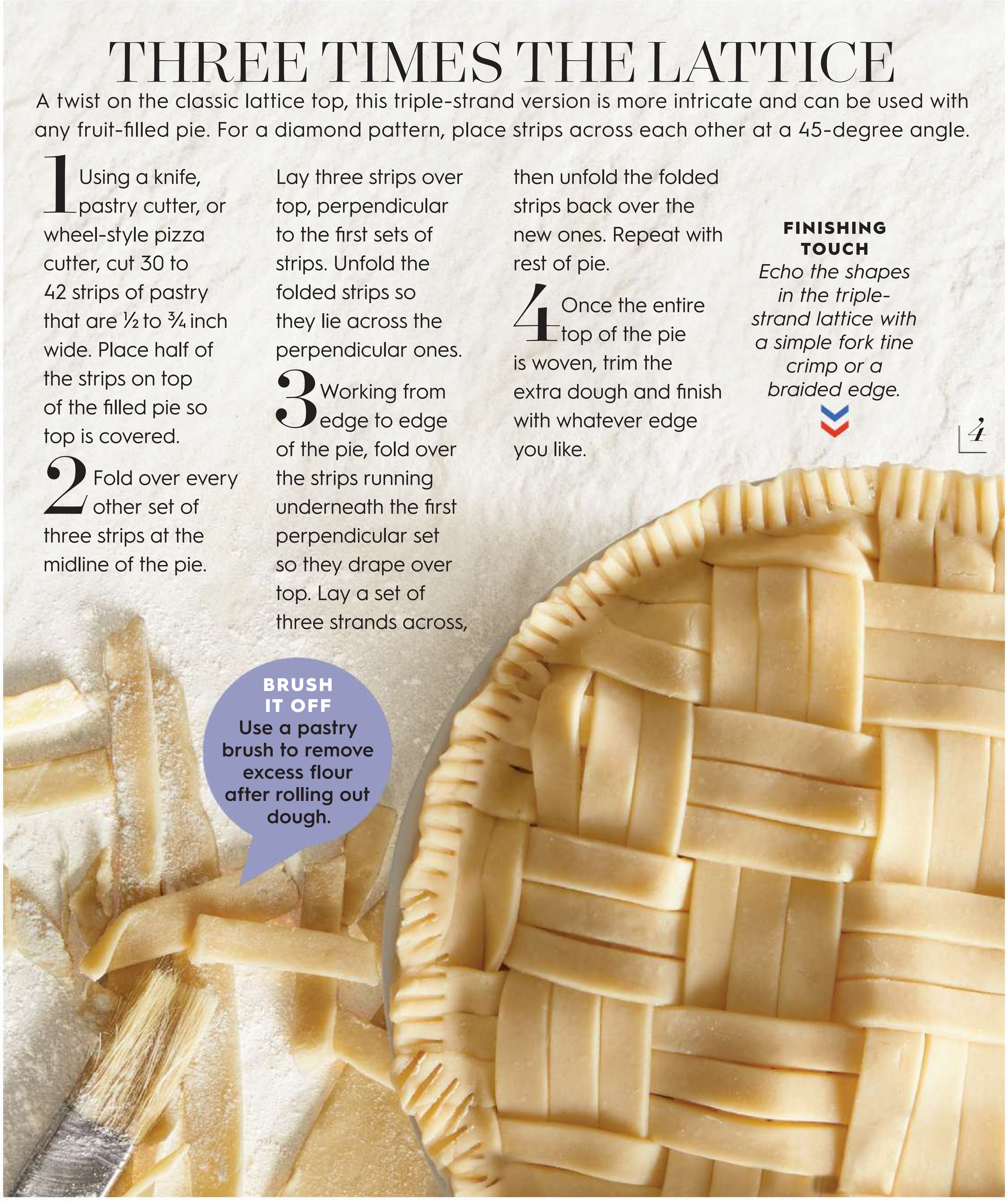
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Pie Safety Tips

LANDING SPOT
Before removing a pie from the oven, know where it's going. Even oven mitts aren't meant to hold a piping hot pan for more than a minute or so.

DRY TOWELS ONLY
Don't ever use anything wet, or even damp, to move a hot pie. The moisture conducts heat more intensely and quickly than the fabric alone.

TEMPERAMENTAL GLASS
Tempered glass pie plates are sturdy and inexpensive, but sudden changes in temperature can cause them to shatter. This includes when the dish is moved from the hot oven to a room temperature countertop. Always cool pies baked in glass pie plates on a dry towel or cooling rack before transferring them to the counter.

ROLL WITH IT
Different bakers prefer different rolling pins. McDermott's pick? A tapered, French-style pin.

PHOTO: (ROLLING PIN) JASON DONNELLY

APPLE PLUS
Bourbon and maple syrup add layered fall flavors to this pie.

RECIPES BEGIN ON PAGE 93.

PASTRY PROS

MAPLE BOURBON APPLE PIE

Even confident piemakers can get stuck in a rut using the same recipes and methods. At her camps, McDermott teaches a new trick for making the classic apple pie using an unconventional dough-mixing method. She combines butter and part of the flour but waits to add the rest of the flour until after the fat is incorporated. This safeguards against overdeveloping the gluten in the crust, ensuring that the pie's basket-weave top is as tender as it is attractive. ■

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A *flexible* FEAST

We crafted a delicious menu of updated classics—you can choose how to put it together. Make recipes from scratch or take a clever shortcut. Make them ahead or make them the day of. It's good to have options.

ROAST TURKEY *with* CITRUS *and* SAGE

This classic roasted turkey has just enough of a twist to keep things interesting. Orange zest adds zing to the traditional thyme, sage, and parsley herb rub. And our dry-brining technique delivers a flavorful, succulent turkey without devoting limited fridge space to a big tub of salty liquid.

TAKE IT EASY
Instead of a whole bird, roast pieces to save cooking time and cut the stress of getting light and dark meat done at the same time.

BY **JAN MILLER** PHOTOS **CARSON DOWNING** FOOD STYLING **KELSEY MOYLAN**
RECIPES **LISA HOLDERNESS BROWN** PRODUCED BY **STEPHANIE HUNTER**

PULL-APART STUFFING RING

We took two of our Thanksgiving favorites—stuffing and rolls—and spun them into this genius pull-apart loaf. The recipe uses refrigerated biscuits, so it's even easier to prepare than either of the original dishes. A little chopped apple in the mix and baking in a fluted tube pan make the flavor and presentation extra special.

TAKE IT EASY

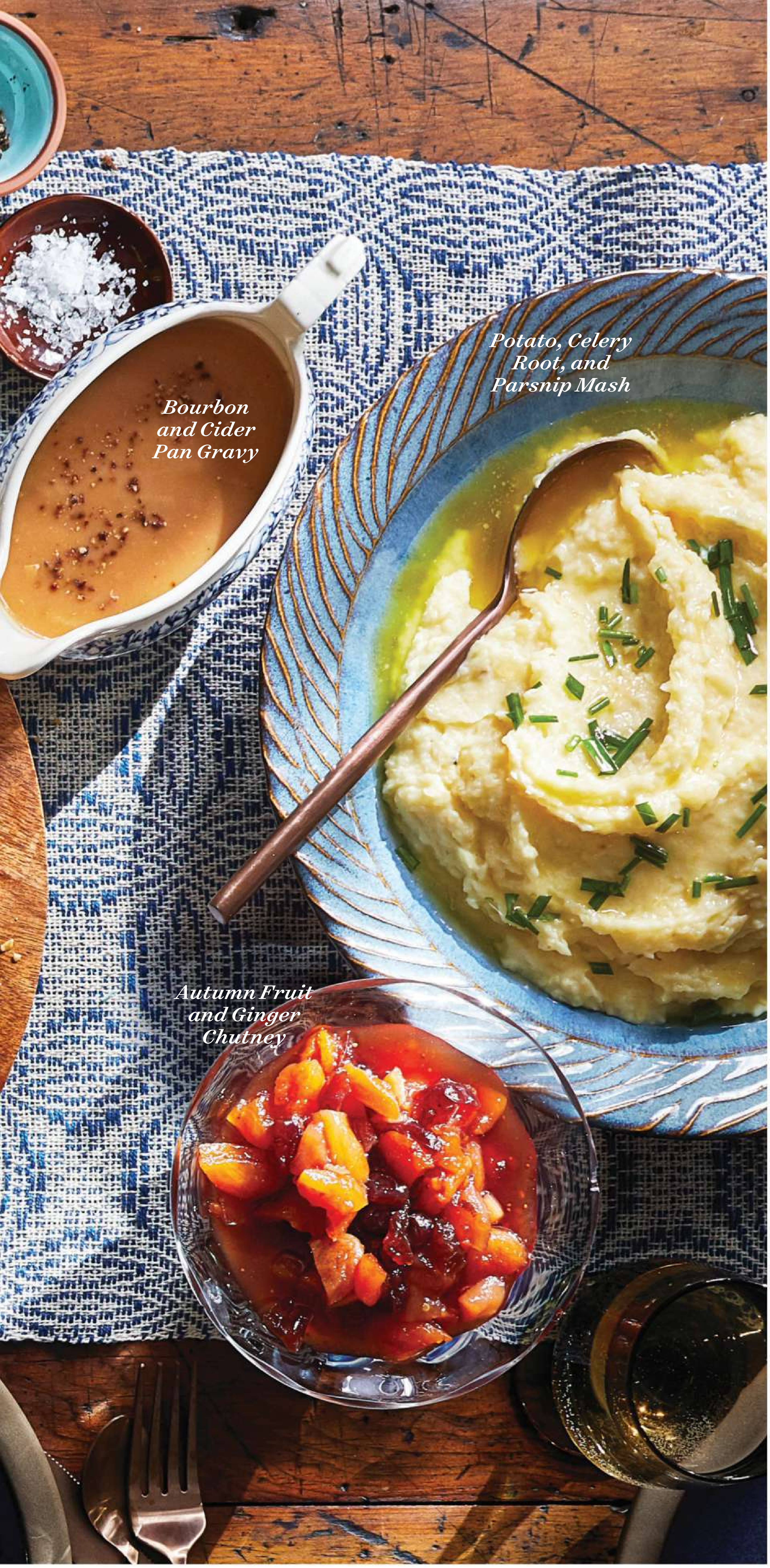
This recipe has a built-in shortcut with the biscuits, but you can further cut prep time by buying prechopped celery and onion—or a mirepoix—from your grocery's produce section.

Green Bean and Mushroom Skillet

Scalloped Sweet Potatoes with Peanut Streusel

→ **BOURBON *and* CIDER PAN GRAVY** You can make this gravy
and apple cider to dress up store-bought gravy. (Test Kitchen trick:

the day of or a few days ahead, or use just the bourbon Stir in some pan drippings for extra flavor.)


Potato, Celery Root, and Parsnip Mash
Bourbon and Cider Pan Gravy
Autumn Fruit and Ginger Chutney

GREEN BEAN *and* MUSHROOM SKILLET

Thanksgiving just isn't the same without green beans and fried onions. This fresh sauté reinvents the traditional casserole in a lighter form. It's loaded with mushrooms and dressed up with a bit of bacon, herbed goat cheese, and delicate crisped shallots.

TAKE IT EASY

Save prep time with frozen green beans, presliced mushrooms, and purchased fried onions.

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SCALLOPED SWEET POTATOES *with* PEANUT STREUSEL

In this updated sweet potato dish, crunchy peanut streusel crowns delicate layers of mandoline-sliced potatoes and a mild coconut milk sauce flavored with basil and five-spice powder. A springform pan is the key to serving pretty wedges that won't fall apart.

TAKE IT EASY

Skip the layering step: Slice sweets by hand, toss into a regular baking dish, top with sauce and streusel, and serve by the scoop rather than slice.

POTATO, CELERY ROOT, *and* PARSNIP MASH

Parsnips and celery root, or celeriac—a knobby root vegetable—add complex nutty, celery-esque flavor to this side that's anything but the same old mashed potatoes. The trio is simmered with garlic, onion, and herbs, then finished with a generous drizzle of chive butter.

TAKE IT EASY

Omit the root veggies and dress up refrigerated mashed potatoes with the garlic, fresh herbs, and chive butter.

……

AUTUMN FRUIT *and* GINGER CHUTNEY

Even if you can't do without the traditional cranberry sauce, make a little extra room on the table for this deliciously complex, sweet-and-tart chutney. Fresh and dried fruit, crystallized ginger, and marmalade poach in a combo of apple cider and cider vinegar.

TAKE IT EASY

Use all dried fruit in place of fresh to cut prep. A prediced dried fruit medley (try *nuts.com*) will make it even easier.

WINTER SLAW *with* BLOOD ORANGE VINAIGRETTE

Count on this vibrant salad to add color and crunch to your plate. We picked the heartiest mix of greens—kale, radicchio, and purple cabbage—so you can prep them up to two days ahead. A tangy blood orange and Dijon mustard vinaigrette complements the greens' earthy, pleasantly bitter notes.

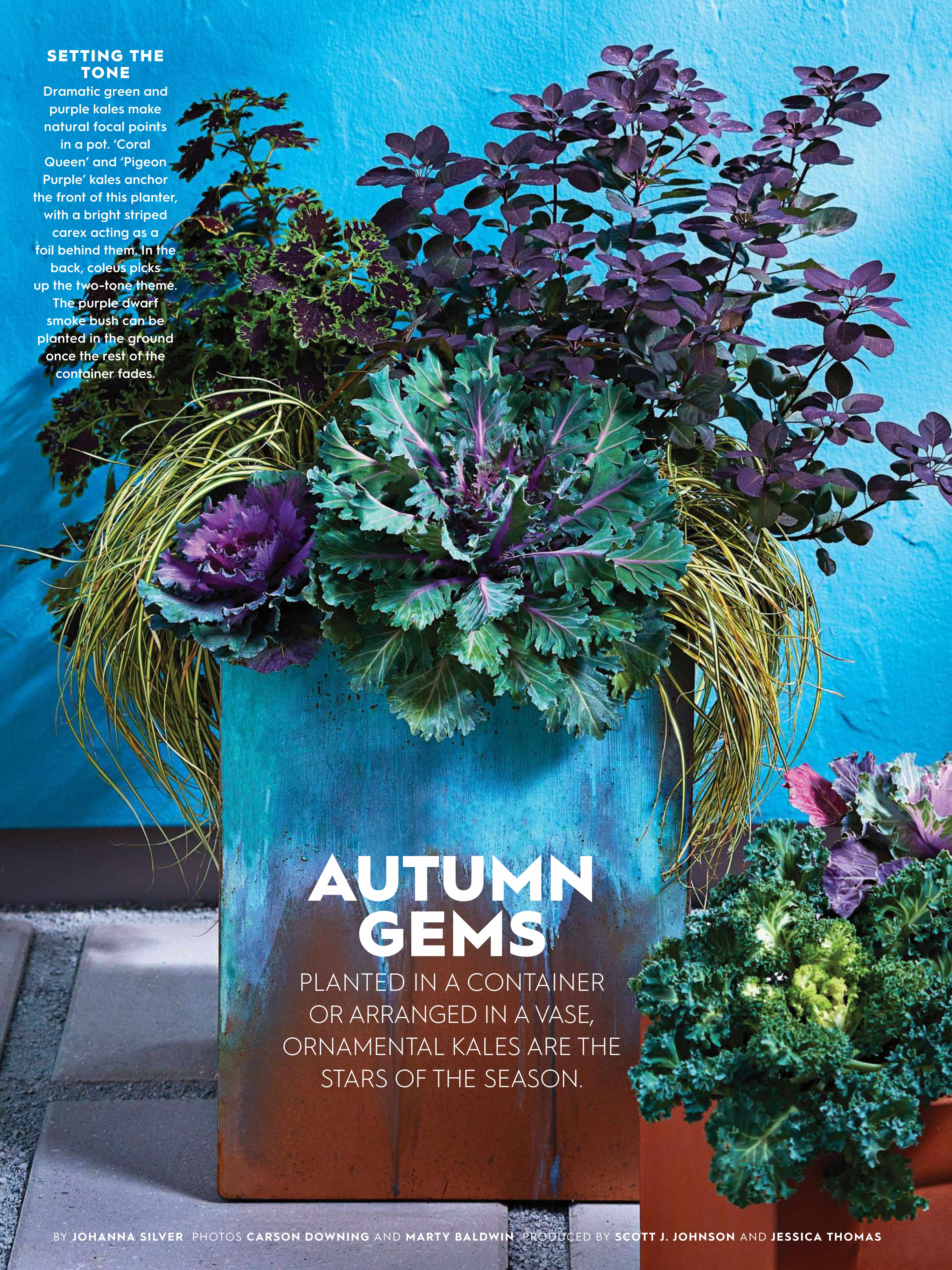
TAKE IT EASY
Lean on bagged preshredded kale and coleslaw mix and purchased vinaigrette, but don't skip the fresh orange slices—they make the presentation.

PUMPKIN-CHAI CHEESECAKE

The flavors of chai latte meet pumpkin pie in this cheesecake's beautiful swirls of color and spice. We almost hate to hide any of it under a dollop of pumpkin spice whipped cream. Almost. ■

TAKE IT EASY
Permission to forgo the swirl and homemade crust: The filling tastes just as delicious stirred together in one bowl and baked in a purchased graham cracker crust.

RECIPES BEGIN ON PAGE 88.

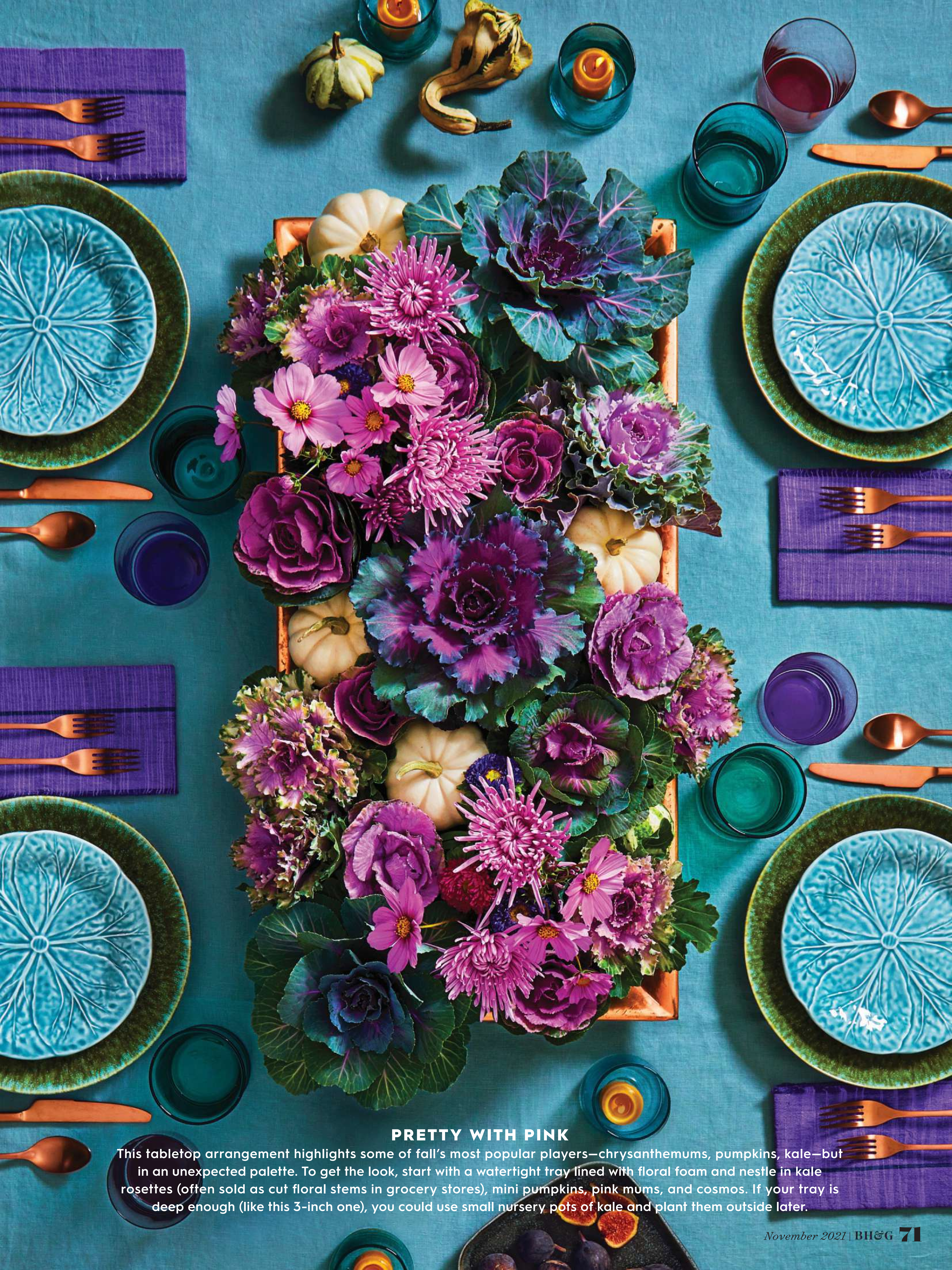


SETTING THE TONE
Dramatic green and purple kales make natural focal points in a pot. 'Coral Queen' and 'Pigeon Purple' kales anchor the front of this planter, with a bright striped carex acting as a foil behind them. In the back, coleus picks up the two-tone theme. The purple dwarf smoke bush can be planted in the ground once the rest of the container fades.

AUTUMN GEMS

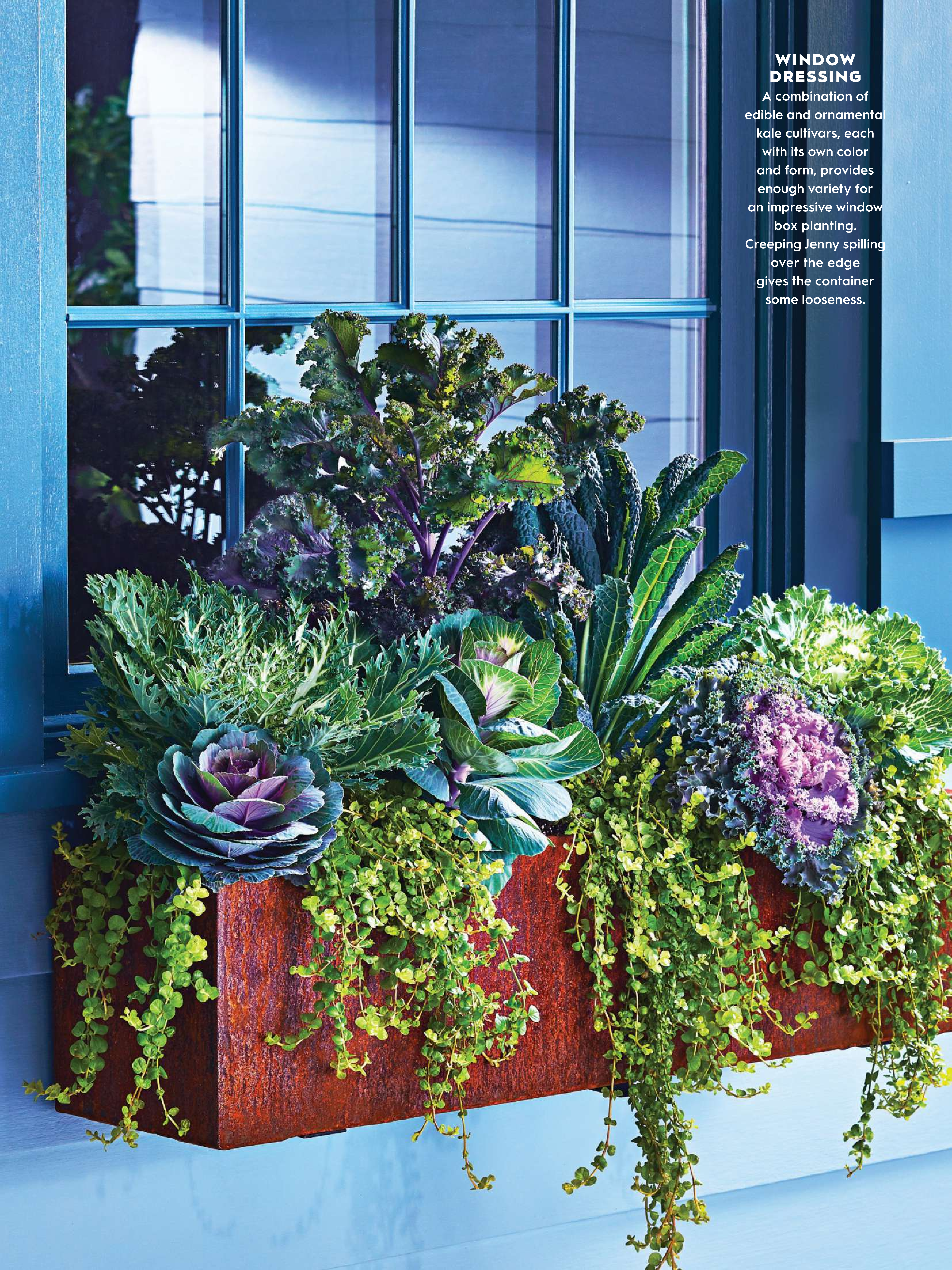
PLANTED IN A CONTAINER OR ARRANGED IN A VASE, ORNAMENTAL KALES ARE THE STARS OF THE SEASON.

BY **JOHANNA SILVER** PHOTOS **CARSON DOWNING** AND **MARTY BALDWIN** PRODUCED BY **SCOTT J. JOHNSON** AND **JESSICA THOMAS**

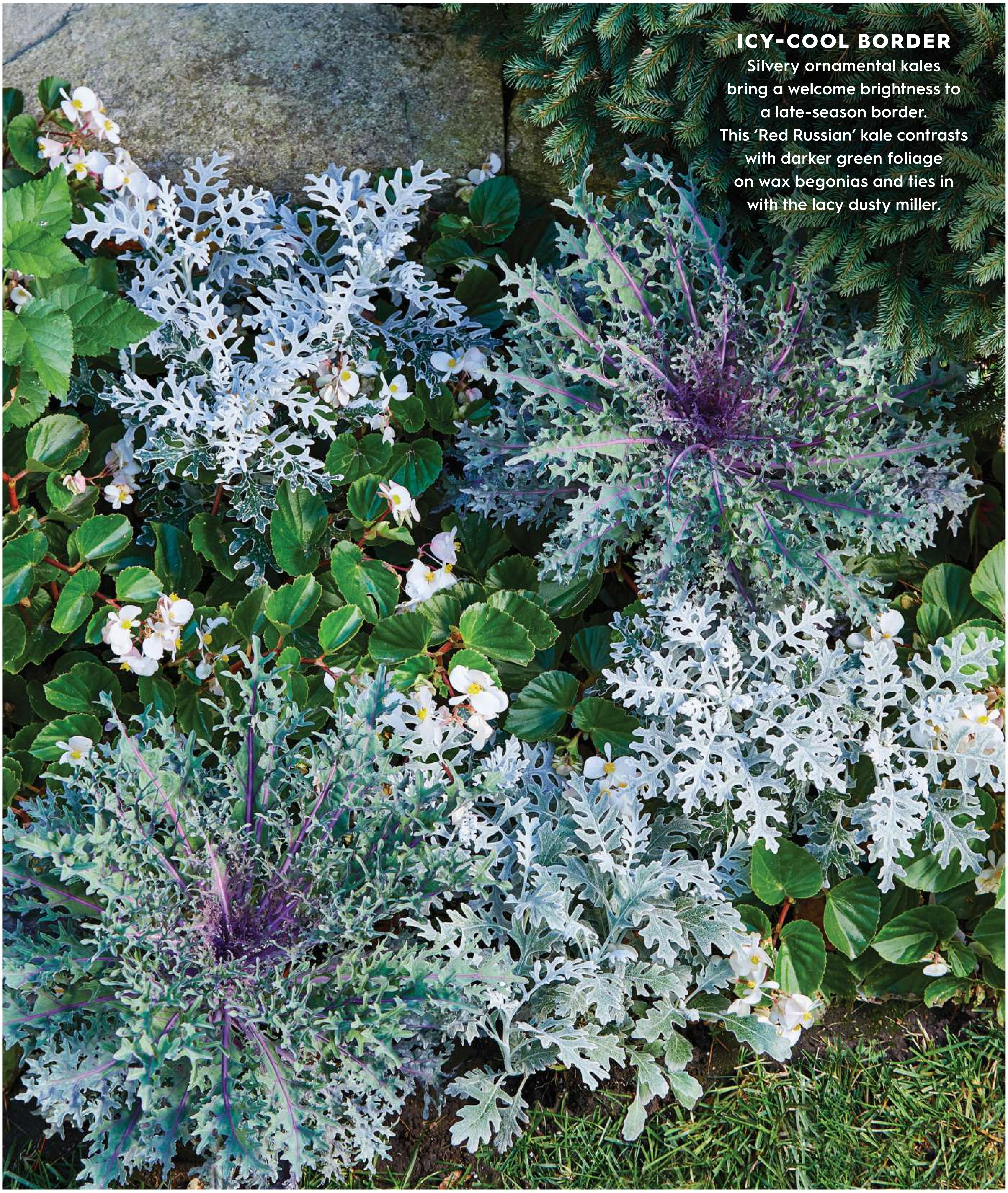


PRETTY WITH PINK

This tabletop arrangement highlights some of fall's most popular players—chrysanthemums, pumpkins, kale—but in an unexpected palette. To get the look, start with a watertight tray lined with floral foam and nestle in kale rosettes (often sold as cut floral stems in grocery stores), mini pumpkins, pink mums, and cosmos. If your tray is deep enough (like this 3-inch one), you could use small nursery pots of kale and plant them outside later.



WINDOW DRESSING
A combination of edible and ornamental kale cultivars, each with its own color and form, provides enough variety for an impressive window box planting. Creeping Jenny spilling over the edge gives the container some looseness.



ICY-COOL BORDER
Silvery ornamental kales bring a welcome brightness to a late-season border. This 'Red Russian' kale contrasts with darker green foliage on wax begonias and ties in with the lacy dusty miller.

GROUND RULES

Follow these tips for success with ornamental kale in the garden.

STARTING OUT

Buy kale starts from nurseries or plant from seed (try *johnnyseeds.com*). Start seeds in a bright indoor spot; plant seedlings outdoors in late summer (or right after spring frost).

TEMPERATURE

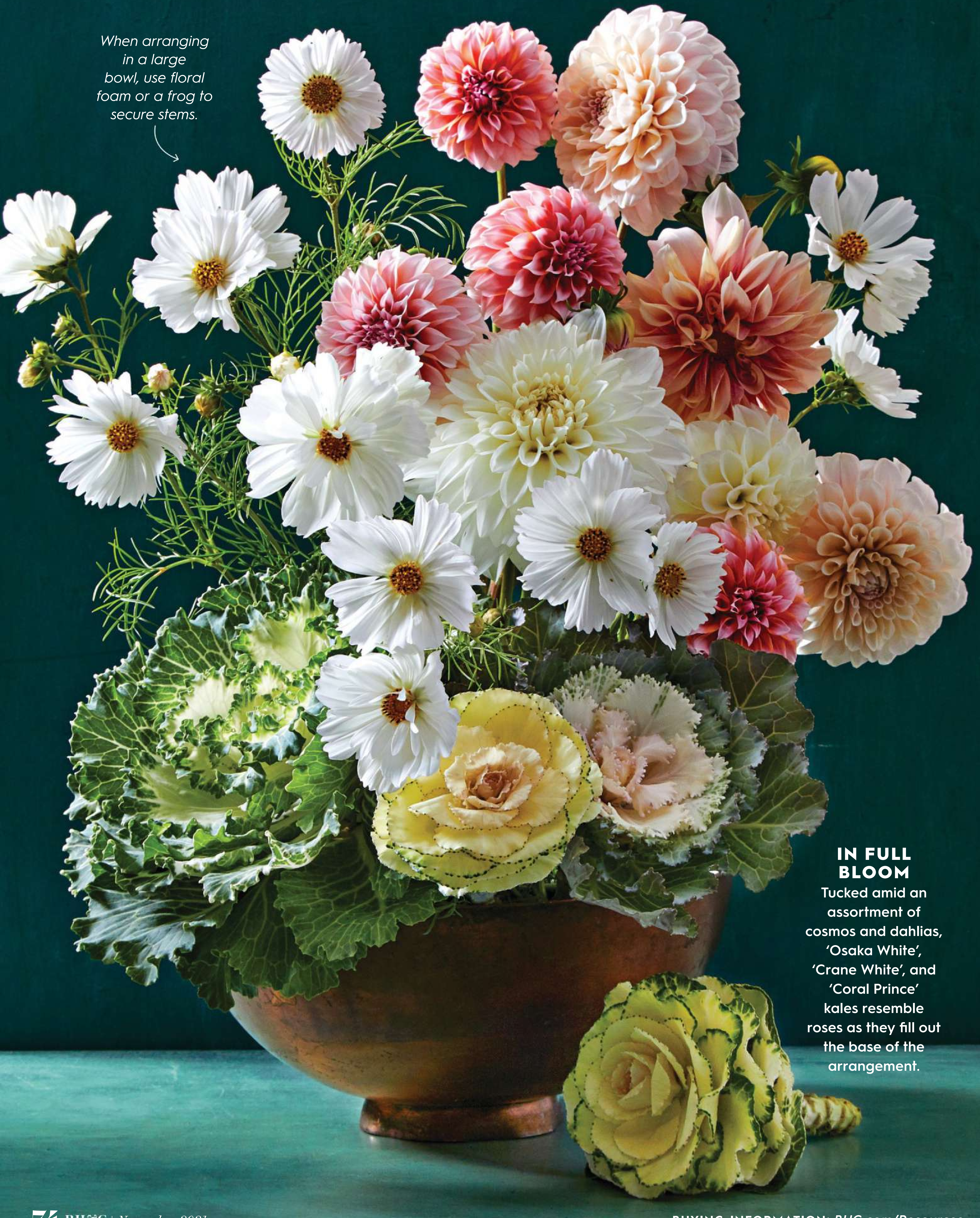
Kale prefers the mildness of fall and spring. It can handle a bit of frost once it's mature, but a deep freeze will kill it. Intense summer heat will make it bolt.

LIGHT AND WATER

Kale will do best when planted in full sun to light shade. The soil needn't be soggy, but don't let plants completely dry out between waterings.

PESTS

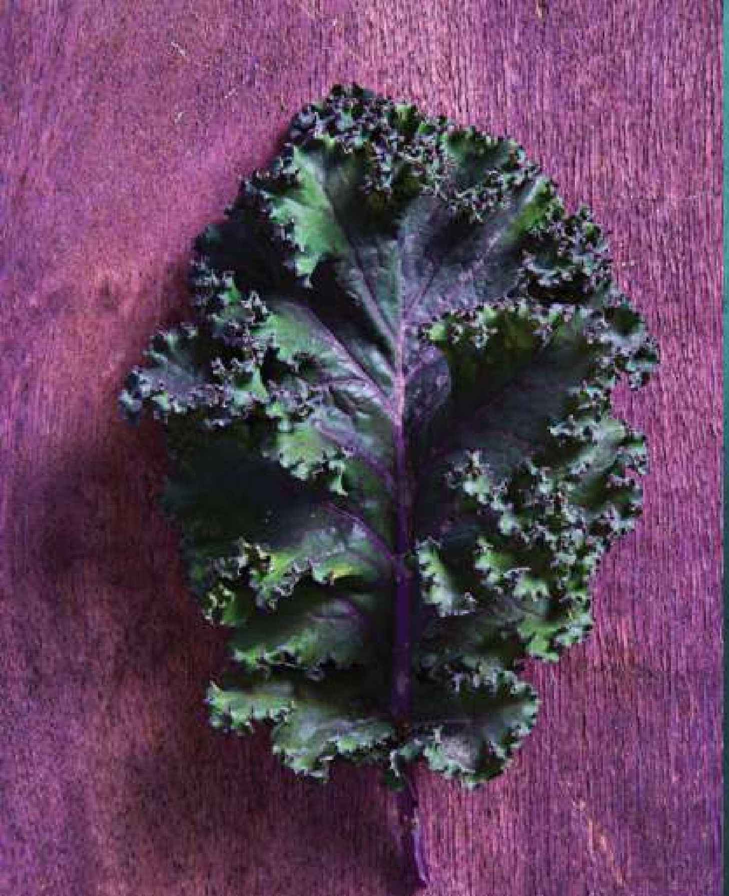
Proper sun and airflow, plus not overwatering, help prevent pests. If you've had a cabbage pest outbreak (they can overwinter in soil), replace soil or rotate crops.



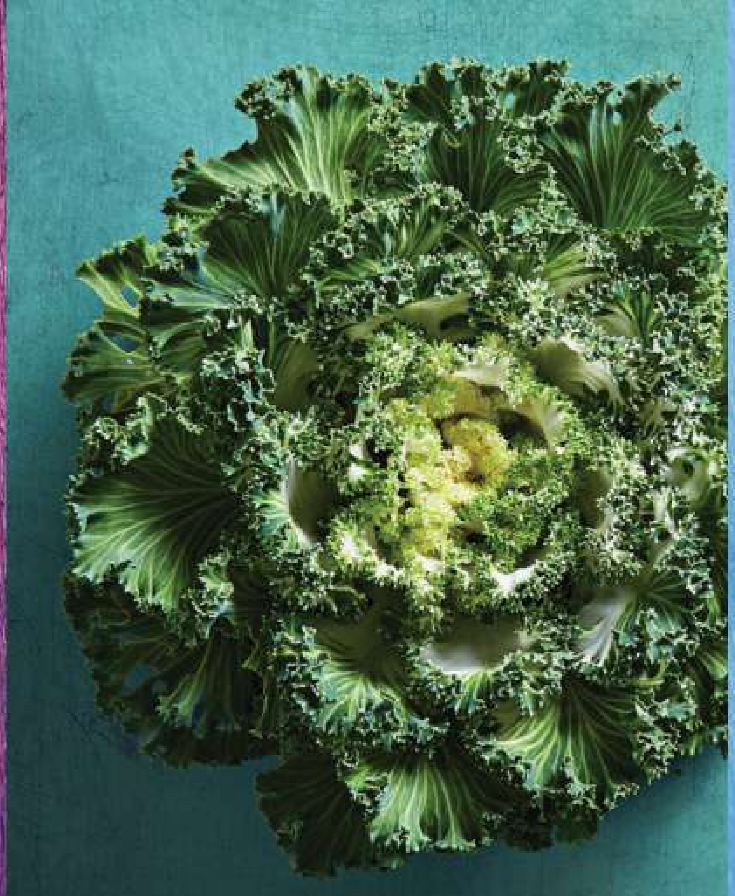
When arranging in a large bowl, use floral foam or a frog to secure stems.

IN FULL BLOOM
Tucked amid an assortment of cosmos and dahlias, 'Osaka White', 'Crane White', and 'Coral Prince' kales resemble roses as they fill out the base of the arrangement.

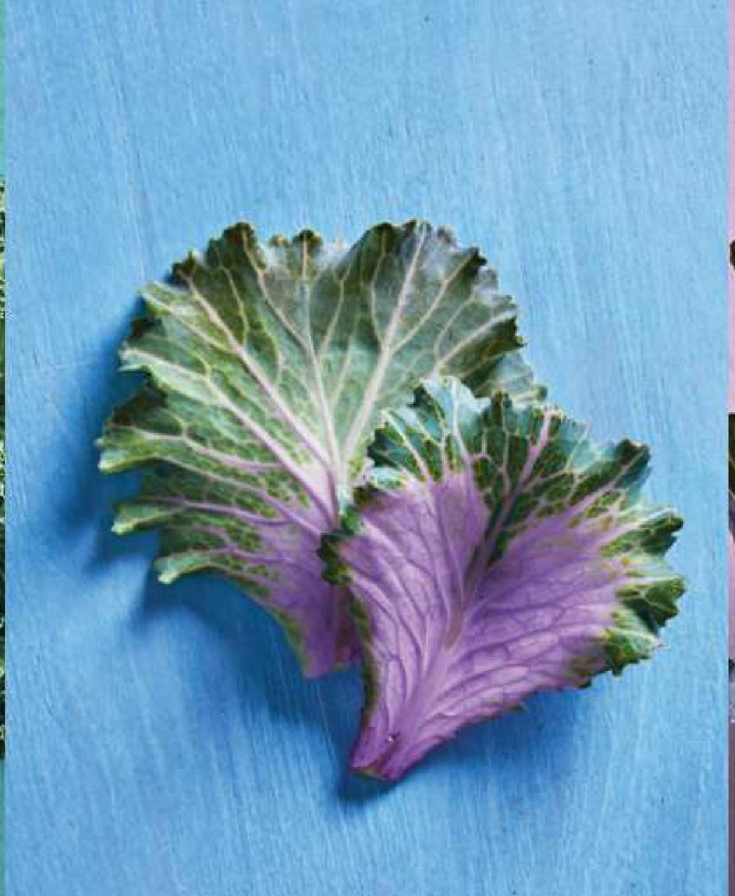
BUYING INFORMATION: *BHG.com/Resources*



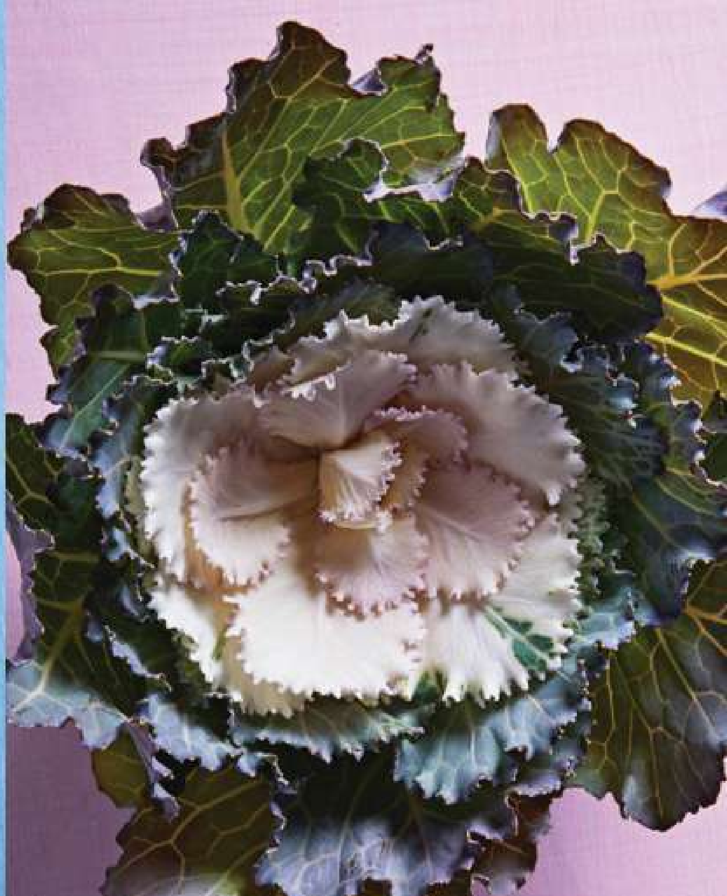
'SCARLET BOR'



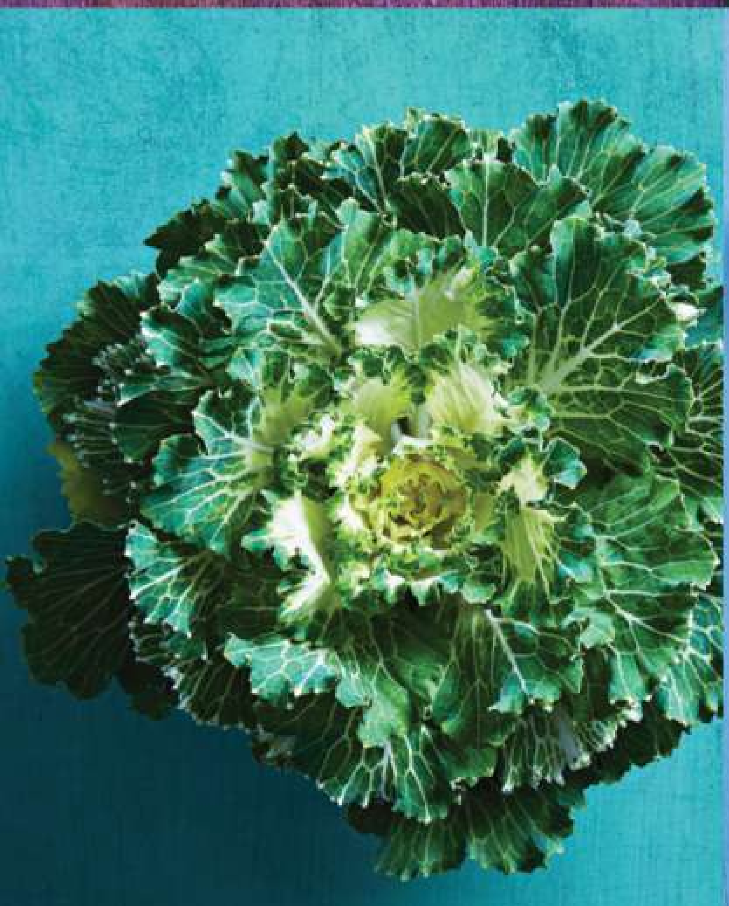
'NAGOYA WHITE'



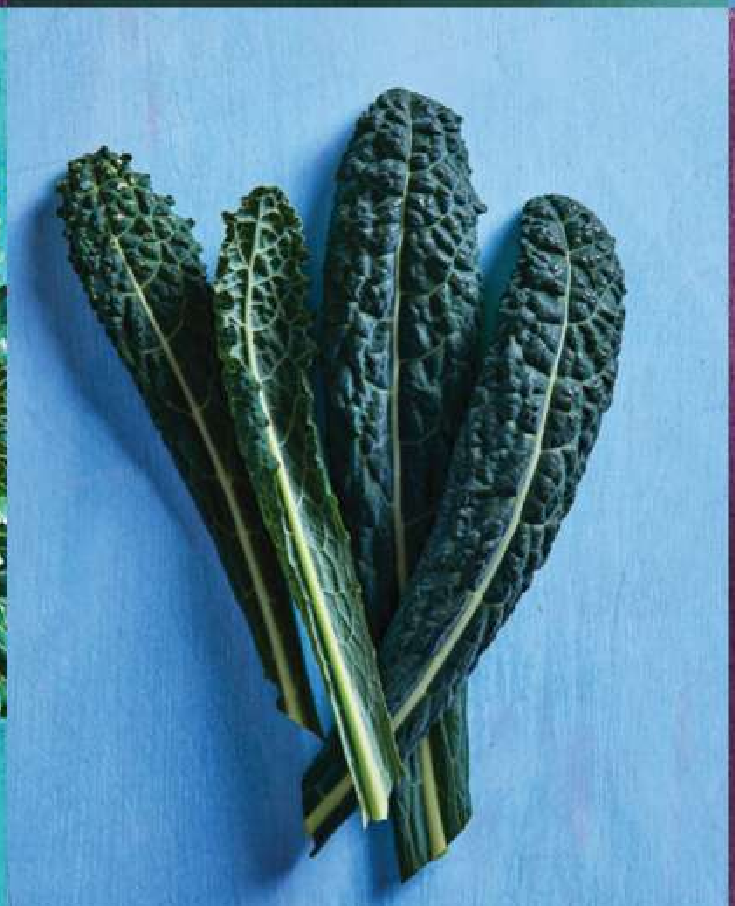
'CRANE PINK'



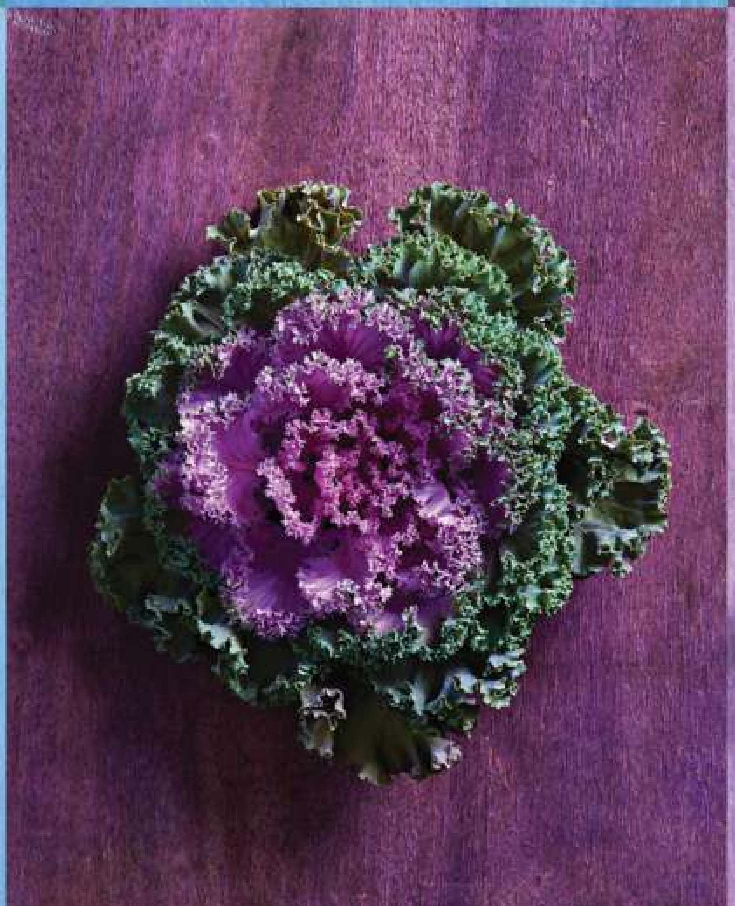
'OSAKA WHITE'



'CORAL PRINCE '



'LACINATO'



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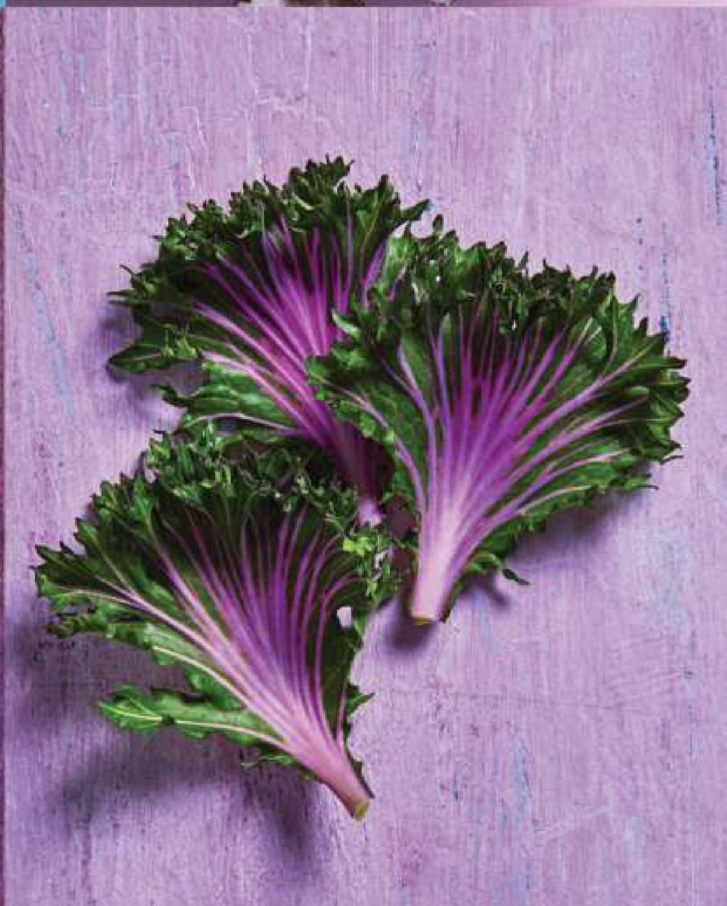
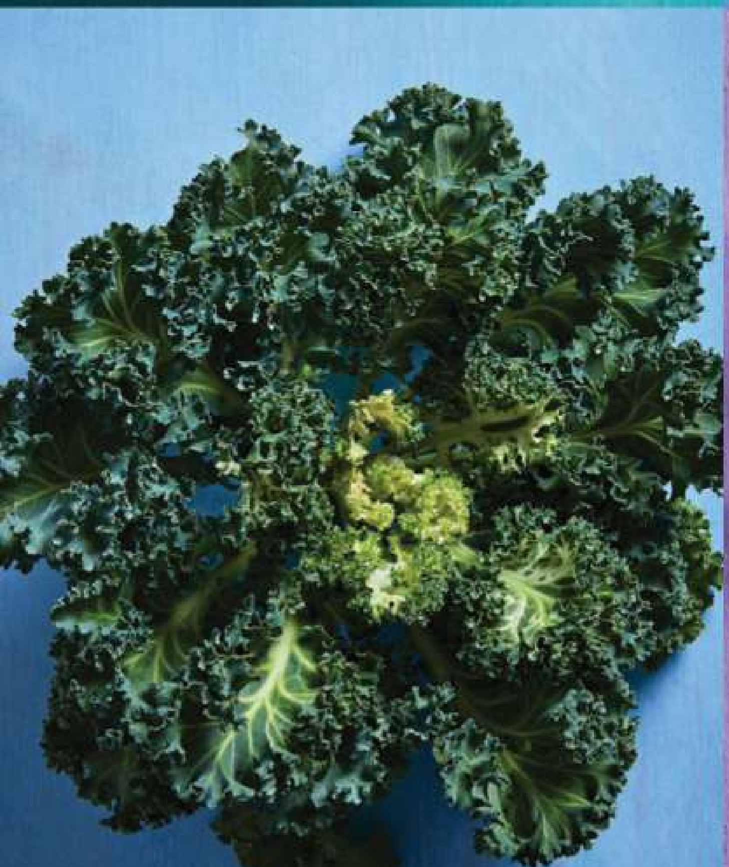
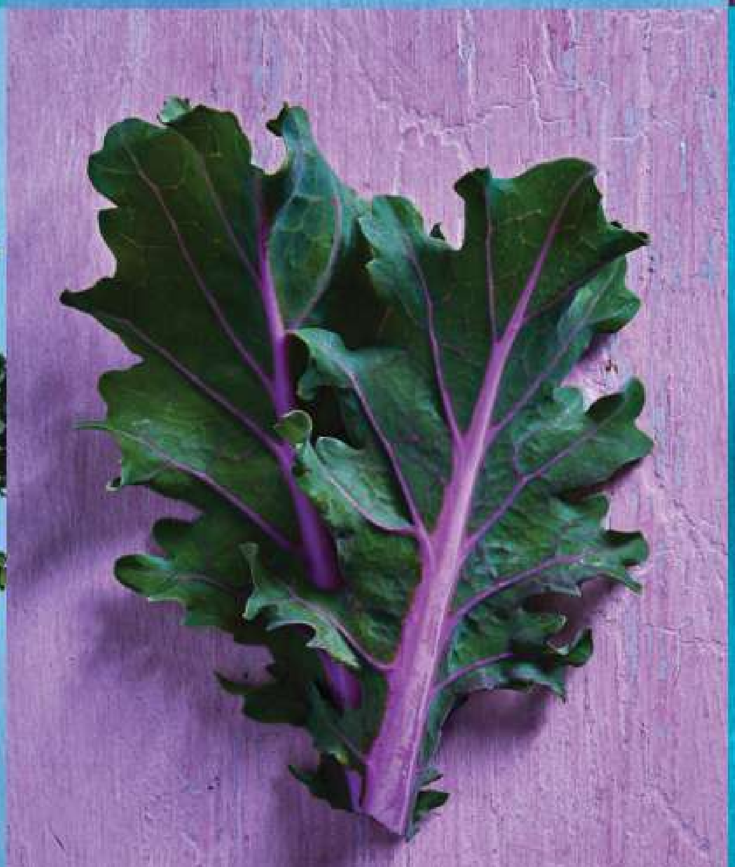


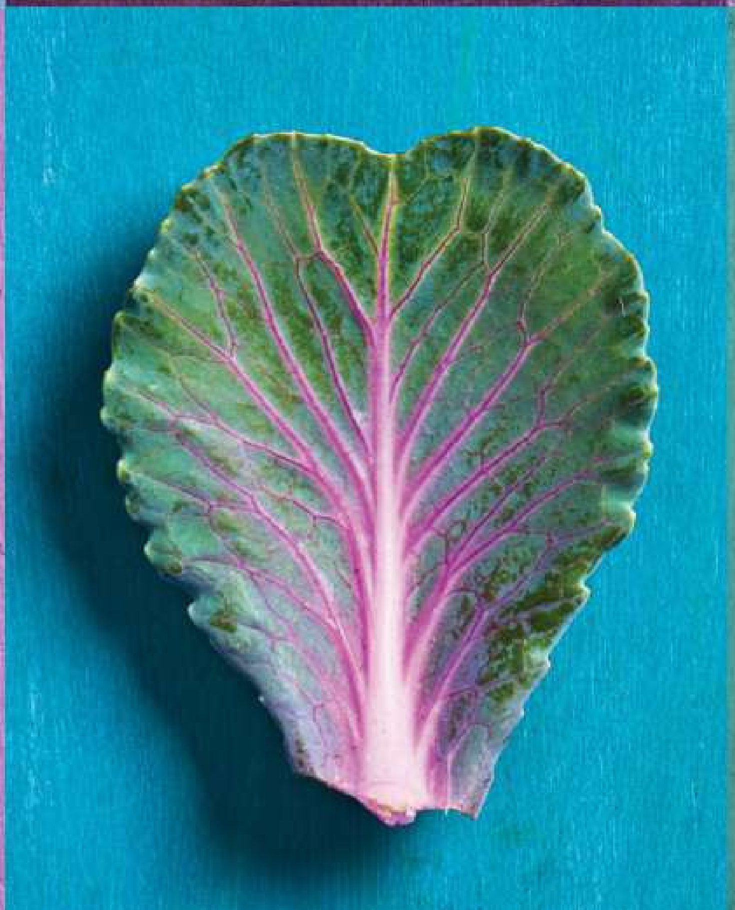
'GLAMOUR RED'



'YOKOHAMA
WHITE'



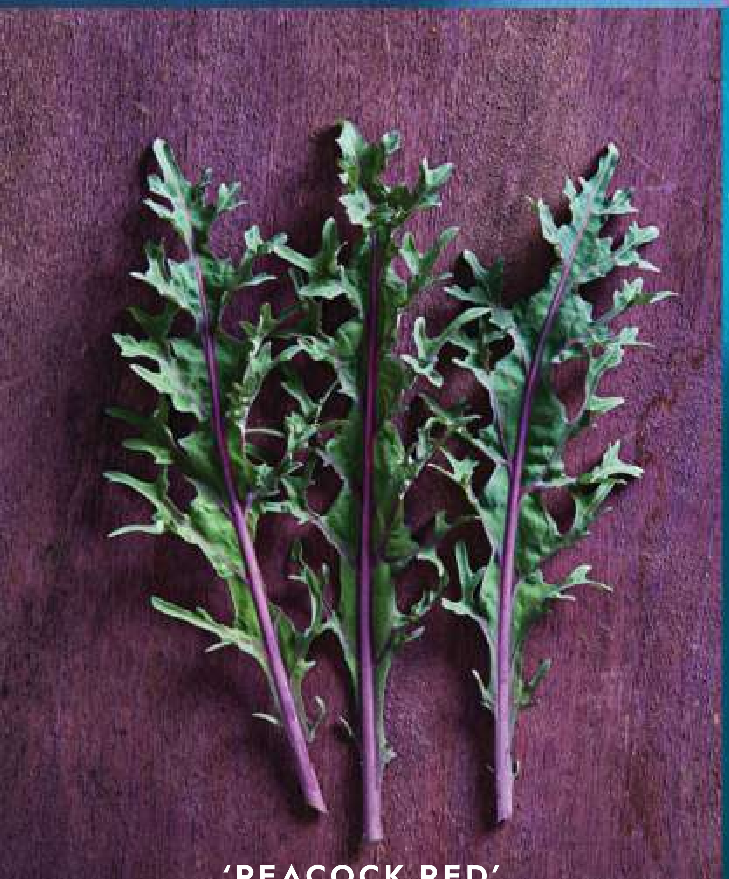
'CORAL
QUEEN RED'



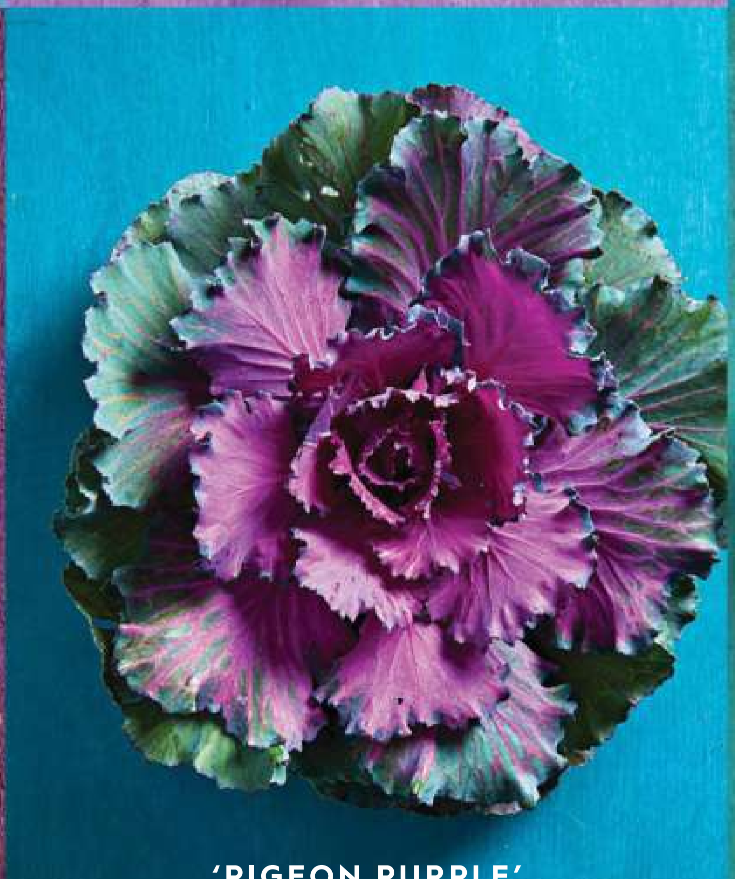
'CRANE RED'

FEAST FOR THE EYES

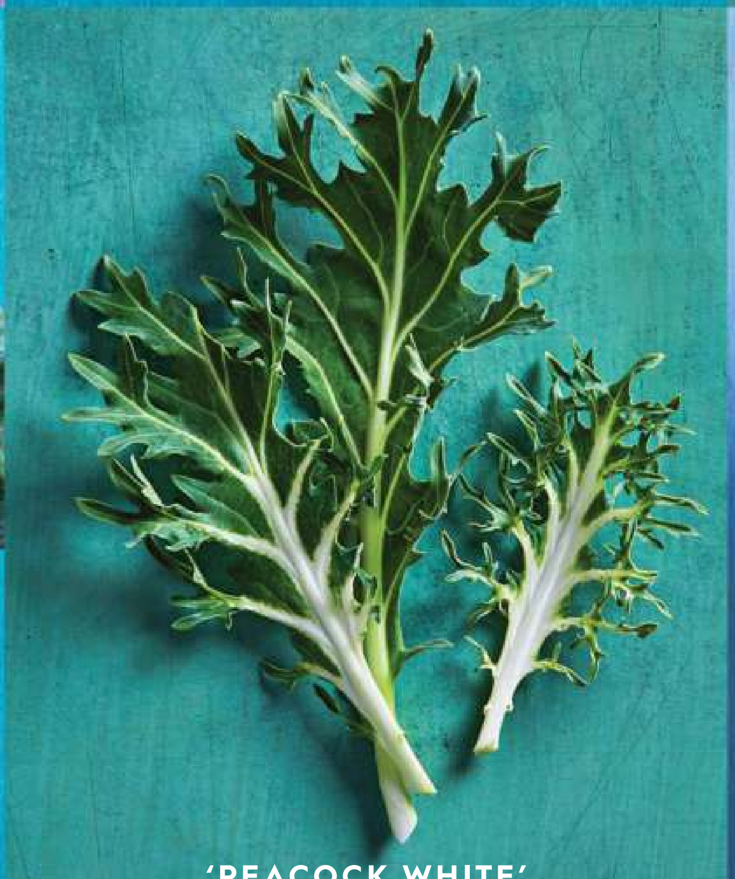
Members of the cabbage family, kales are classified as edible or ornamental. While ornamental varieties are technically edible, they taste bitter and are best as decorative elements. Many kales that fall into the edible category, like 'Scarlet Bor' and 'Lacinato', can also work well as ornamentals. ■



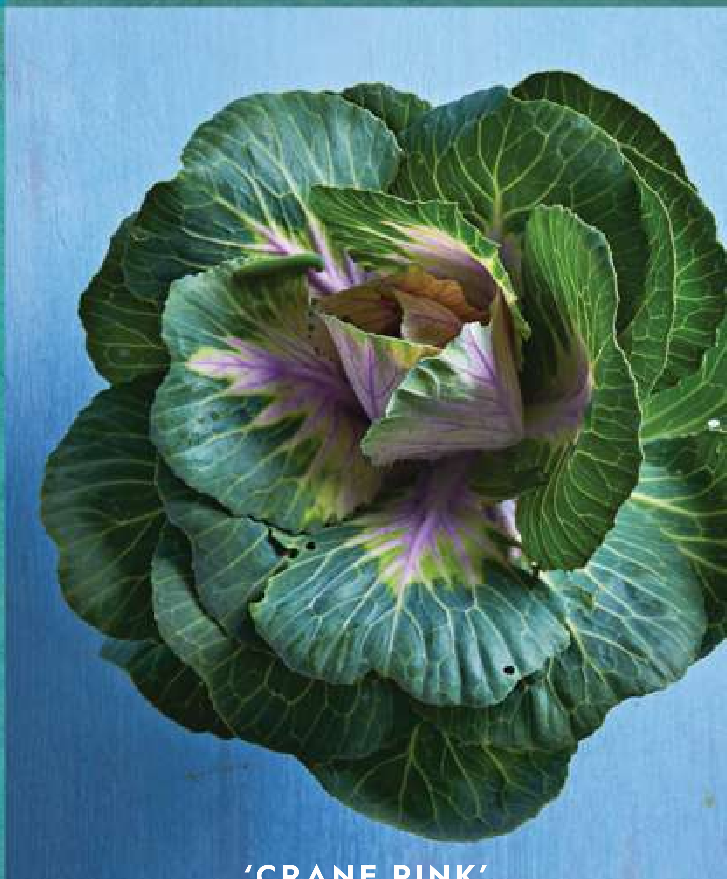
'PEACOCK RED'



'PIGEON PURPLE'



'PEACOCK WHITE'



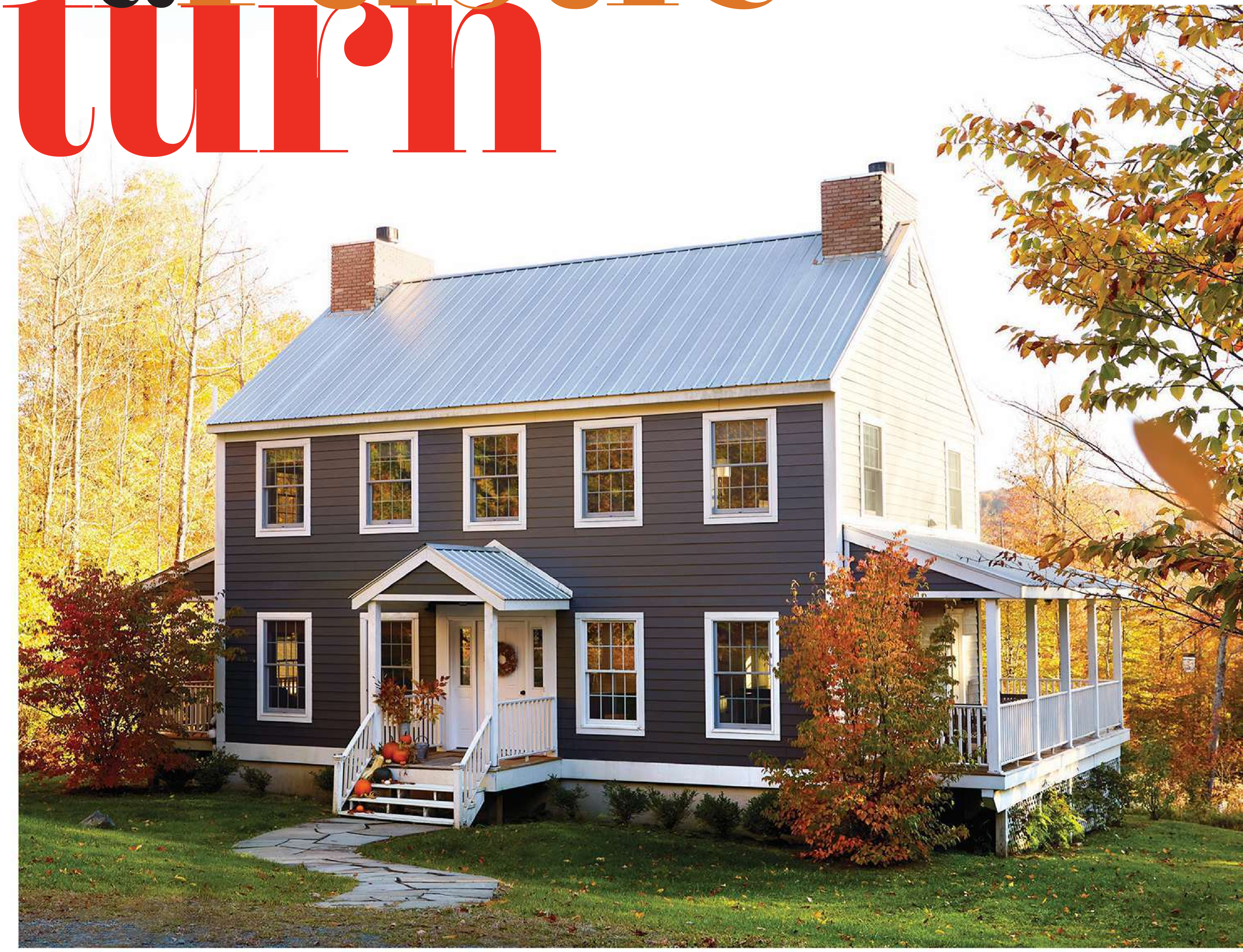
'CRANE PINK'

Fresh cut branches anchored with rocks in a sap bucket are easy, high-impact decor.

SUSTAINABLE YET STATELY

The siding is pigmented fiber cement panels made with recycled materials. Joseph refinished the porch floor and steps to give them a weathered, old-house look.

a rustic turn

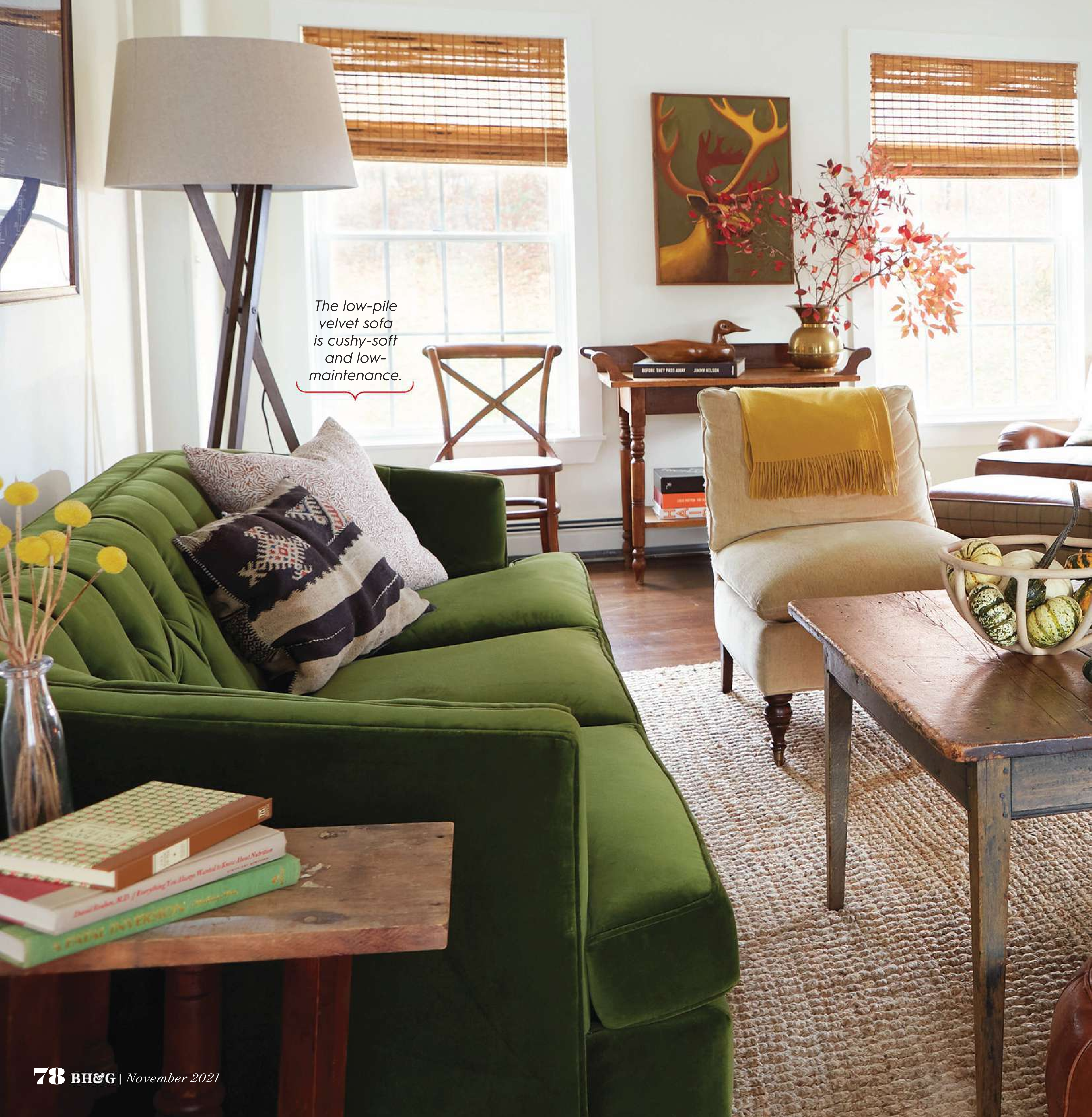


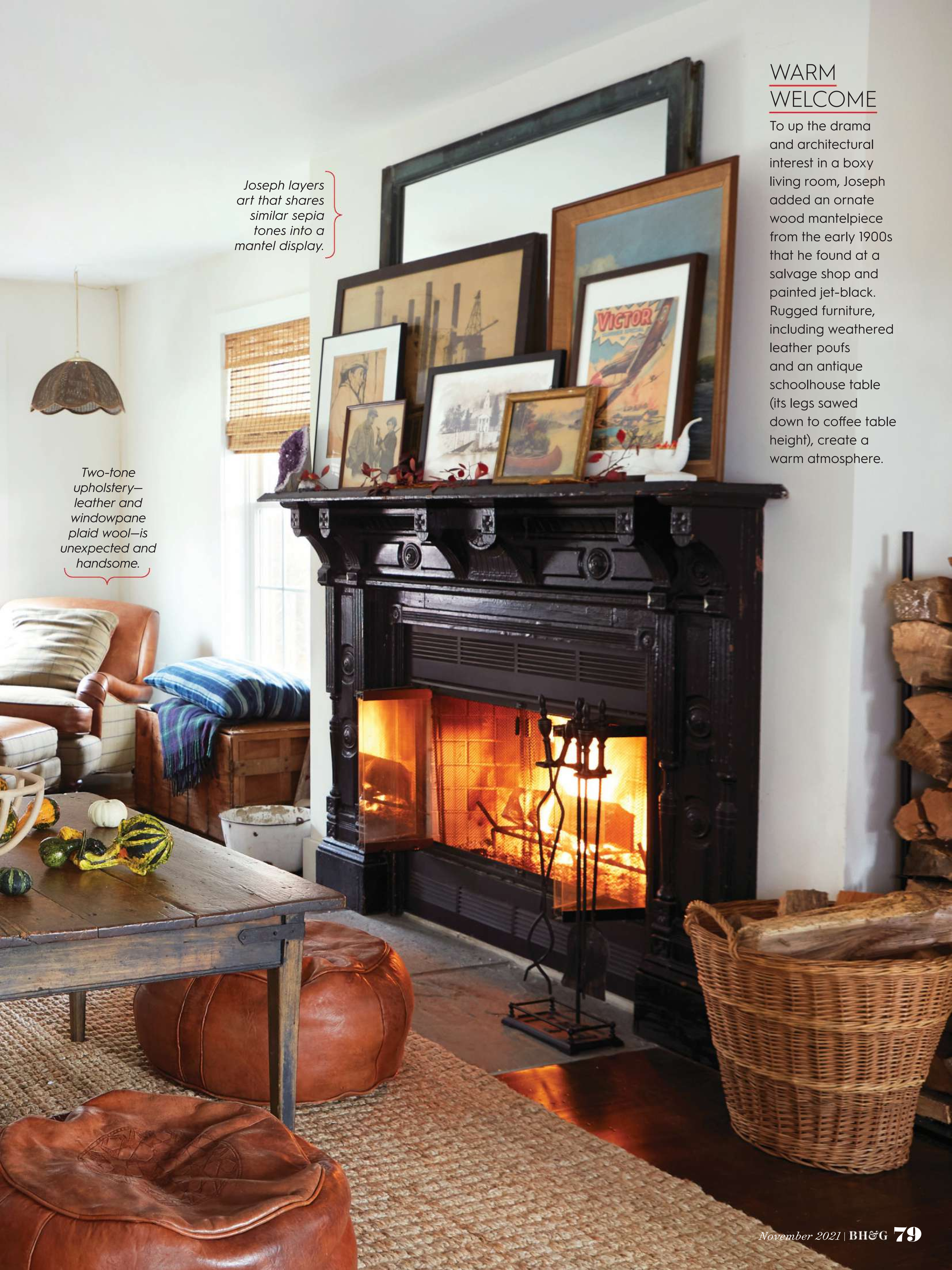
HAIRSTYLIST **JOSEPH MAINE** TURNS THE CLOCK BACK ON A MODULAR FARMHOUSE IN THE CATSKILLS. DIY TWEAKS AND A WEALTH OF VINTAGE PIECES GIVE IT THE WARMTH AND CHARACTER HE CRAVES.

BY **DEB SCHWARTZ** PHOTOS **DANE TASHIMA** STYLING **RAINA KATTELSON**
PRODUCED BY **MONIKA EYERS**

Joseph Maine dreamed of returning to his country roots and buying an old-time farmhouse. Until, that is, he began looking at the options. "You're looking at the baseboards and thinking, *Will this ever actually feel clean?* And the door frames are super small, and the bedrooms sometimes don't have closets and can't fit a king-size bed," he says. So when he found a modular home built in 2007 in New York's Catskills region that was modeled on an 1800s farmhouse—one that coupled traditional touches like a wraparound porch and hardwood plank floors with modern proportions and infrastructure—he was sold.

Spared the work of renovating an old house, Joseph focused instead on giving the newer house the sense of history he craved. "It's so nice having double-pane windows, but I missed some of the farmhouse details, so I really tried to bring in old and vintage things anywhere I could." To do that, he pulled from the collection


The low-pile velvet sofa is cushy-soft and low-maintenance.

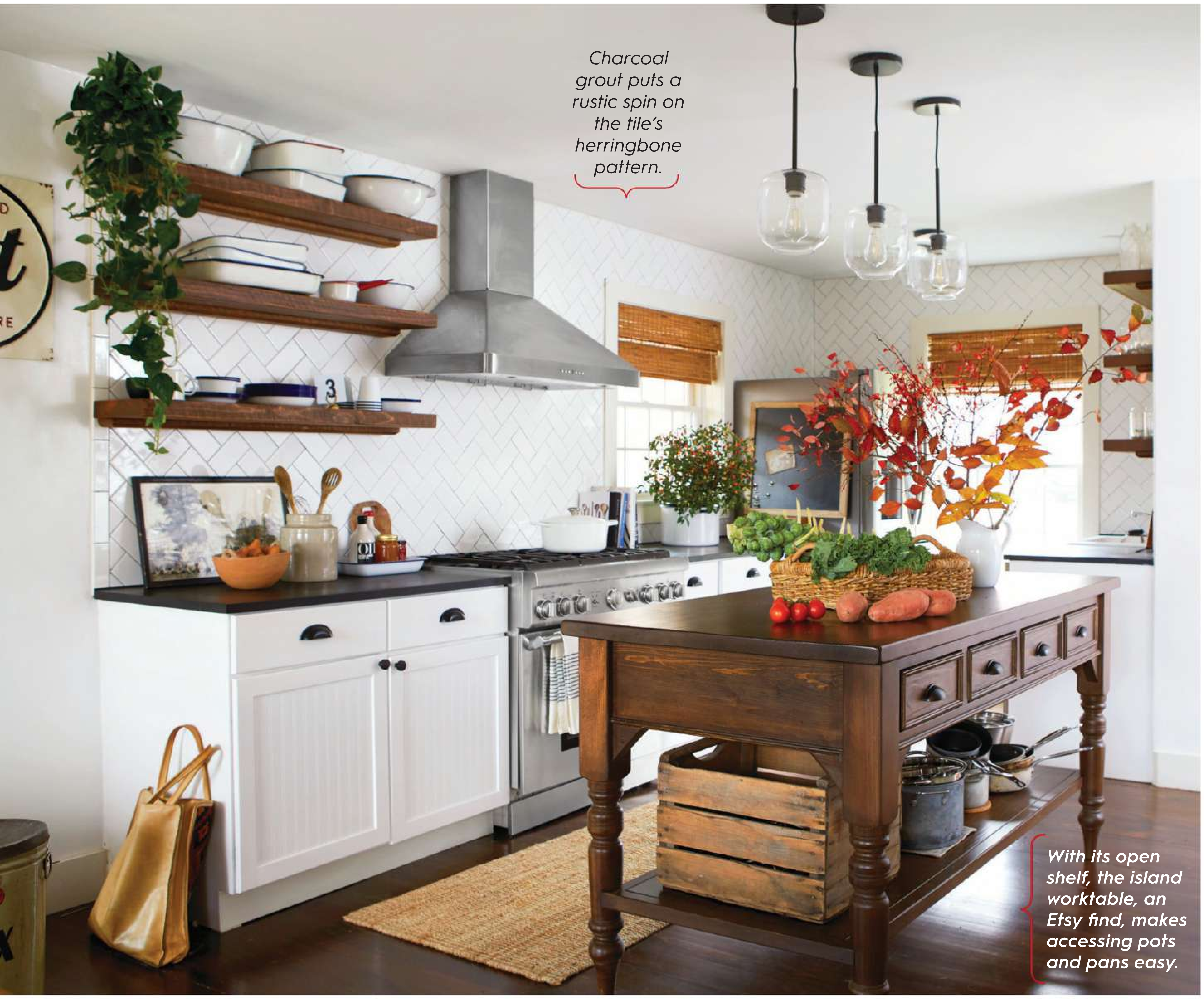


Joseph layers art that shares similar sepia tones into a mantel display.

Two-tone upholstery—leather and windowpane plaid wool—is unexpected and handsome.

WARM WELCOME

To up the drama and architectural interest in a boxy living room, Joseph added an ornate wood mantelpiece from the early 1900s that he found at a salvage shop and painted jet-black. Rugged furniture, including weathered leather poufs and an antique schoolhouse table (its legs sawed down to coffee table height), create a warm atmosphere.



Charcoal grout puts a rustic spin on the tile's herringbone pattern.

With its open shelf, the island worktable, an Etsy find, makes accessing pots and pans easy.

MODERN COUNTRY

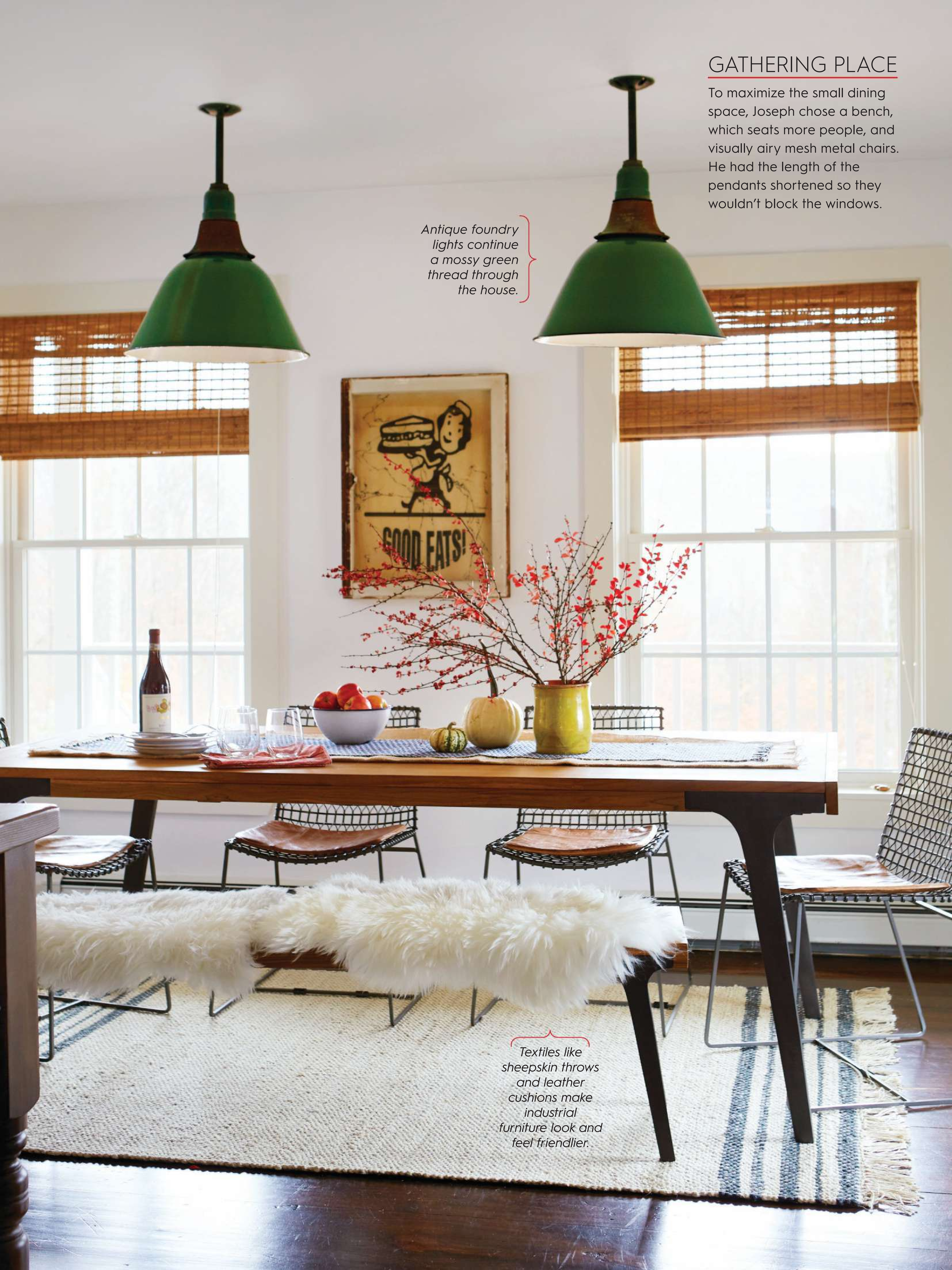
Replacing the upper cabinets with open shelving and swapping a blocky island for a lighter wood piece on legs add country character and make the kitchen feel more spacious. Joseph pieced together his collection of enamelware from thrift stores and yard sales.

of secondhand furniture, artwork, knickknacks, and other items he gathered and stashed in a storage unit during the years he lived and worked in New York City, dreaming of the house he would one day own.

Joseph wanted this home in Livingston Manor to feel steeped in the hamlet's local color. He brought in artwork and accessories that honor the area—including a photo of the 1965 high school graduating class and depictions of deer and waterfowl that nod to the region's long history as a spot for hunting and fishing.

With the exception of the tiling work, Joseph did all the improvements himself, including refinishing a claw-foot tub in the bathroom and replacing the porch floor's original thick polyurethane finish with a lighter, less protective layer that allows it to look weathered. Using nostalgic patterns, like checks and plaids, and rustic textures and materials, he created a comfortable, welcoming retreat.

"Working on this house gave me such a sense of peace—it really felt like my meditation time, a chance to take my mind off everything I was doing in the city," Joseph says. "And when I was done and had friends come over, and they told me they felt instantly at home and appreciated how easy it is to use the space—how well thought-out it is—that made me feel so good."

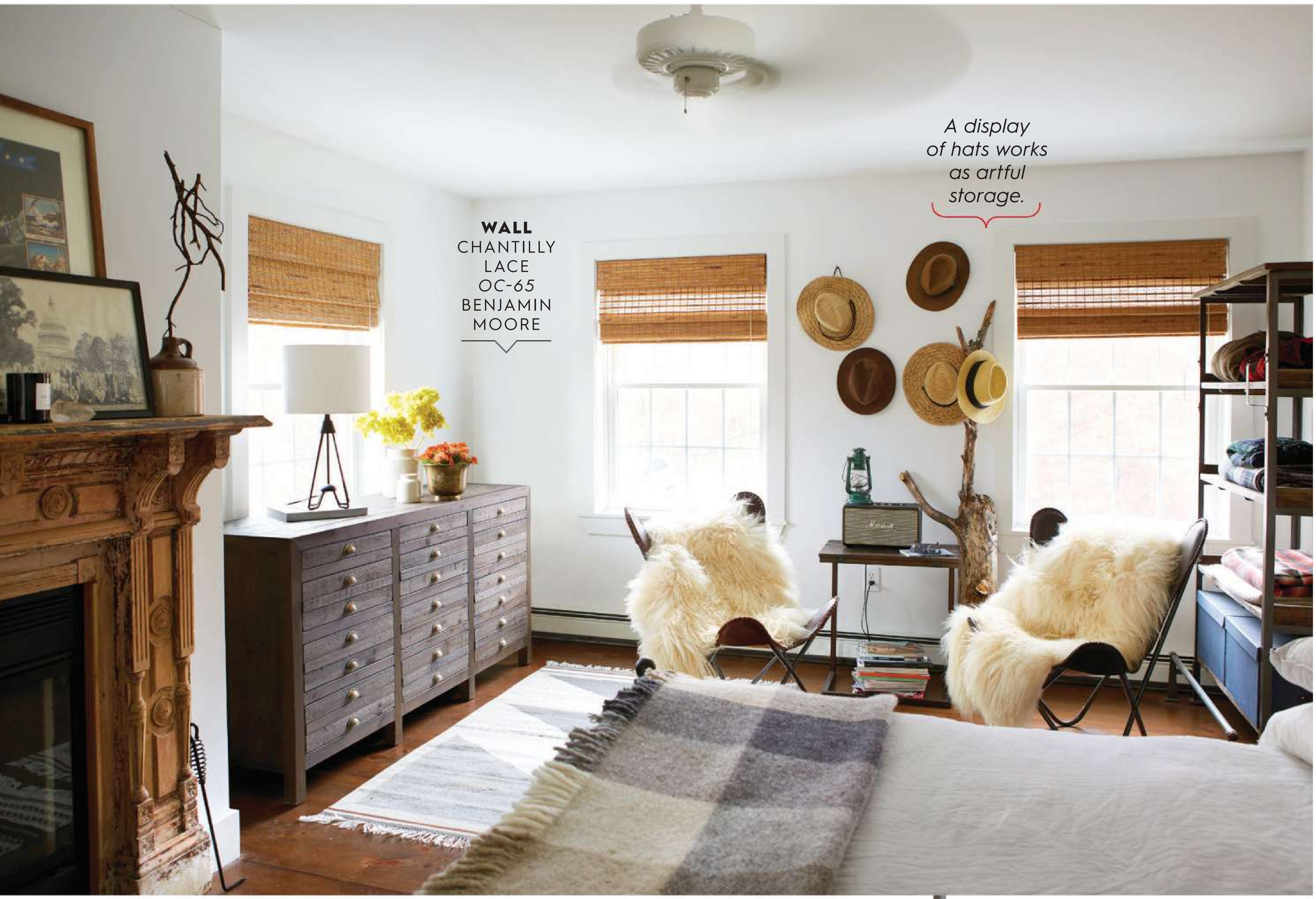


GATHERING PLACE

To maximize the small dining space, Joseph chose a bench, which seats more people, and visually airy mesh metal chairs. He had the length of the pendants shortened so they wouldn't block the windows.

Antique foundry lights continue a mossy green thread through the house.

Textiles like sheepskin throws and leather cushions make industrial furniture look and feel friendlier.



WALL
CHANTILLY LACE OC-65 BENJAMIN MOORE

A display of hats works as artful storage.

on the hunt

VINTAGE SHOPPING

Want to get Joseph's look? Check estate sales, online antiques stores, and secondhand shops. Visit often, he says. "They get new stuff every day."

ENAMELWARE
Pieces of this porcelain-coated metal are plentiful. Or skip the search and get a matching set of Canvas Home look-alike stoneware.

METAL CHAIRS
Don't shy away from a few nicks—they lend patina. Chairish has a vast selection.

ARTWORK
Faded paintings in antique frames add instant nostalgia. Try Live Auctioneers.

INDUSTRIAL LIGHTING
Check out Rejuvenation's antiques section for factory-style pendants.

RECLAIMED MANTELS
Deals as low as $100 are on Craigslist. Also visit architectural salvage stores, like Olde Good Things.

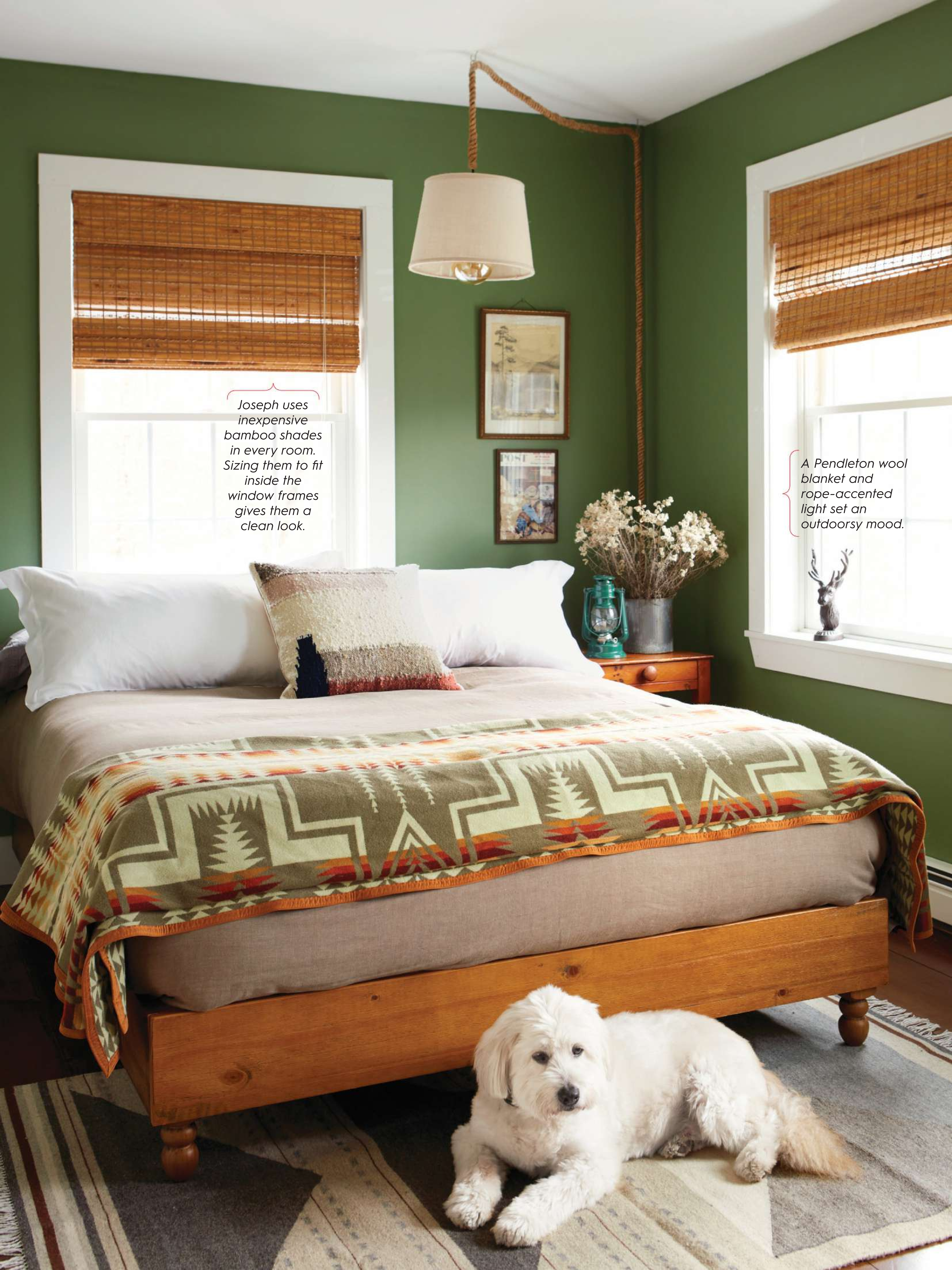
BALANCING ACT

Throughout the house, Joseph kept this goal in mind: warming up the space without overcrowding it. In the main bedroom, *above,* he countered heavy pieces, like the apothecary-style dresser, with open ones, like the shelving.

OUTSIDE IN

Joseph painted the guest room walls, *opposite,* a mossy green (Farrow & Ball Lichen) after what he says was a "disastrous" attempt at covering them in fabric. "It's a fairly bold color, but I think in a small space it's fun to play the color up and make it really cozy." ■

BUYING INFORMATION: *BHG.com/Resources*



Joseph uses inexpensive bamboo shades in every room. Sizing them to fit inside the window frames gives them a clean look.

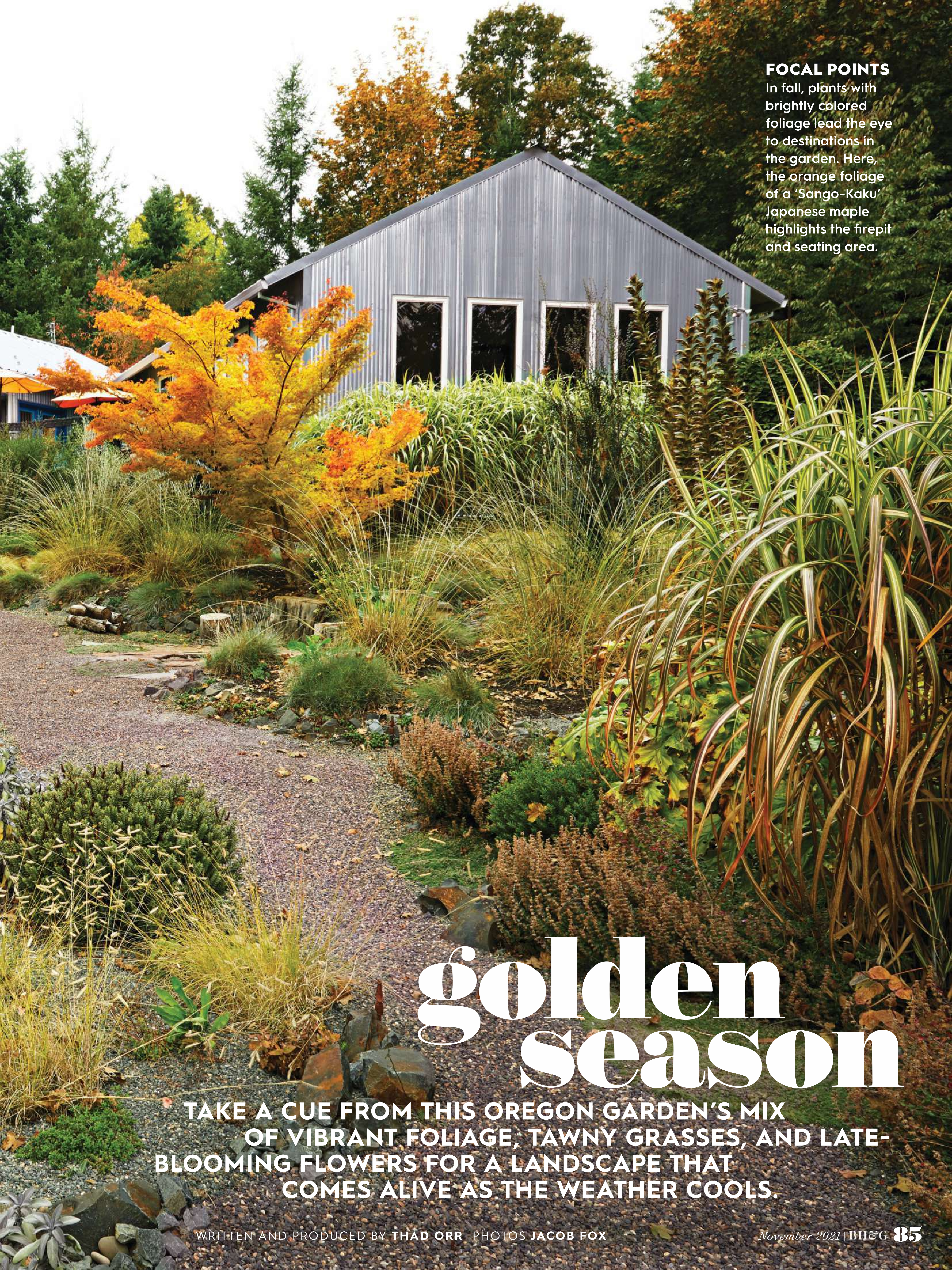
A Pendleton wool blanket and rope-accented light set an outdoorsy mood.

THE GARDEN
A 2-acre sloped yard in St. Helens, Oregon, owned by longtime gardeners Tamara Paulat and David Pinson.

THE VISION
"It's easy to relegate the fall season to cleanup, but I wanted more," Tamara says. With that in mind, they chose plants and trees that look their best late in the season, including Japanese maples, golden grasses, and flowering perennials.

THE UPKEEP
The couple take a laissez-faire approach, rarely deadheading or pruning and leaving most seed heads on into winter to provide food for birds. Around February, they cut back most plants in preparation for spring. They don't water often; instead, they've designed the yard to get the most out of rainwater (see *page 86*).

Evergreen shrubs and large grasses ensure planting beds look good all year long.



FOCAL POINTS
In fall, plants with brightly colored foliage lead the eye to destinations in the garden. Here, the orange foliage of a 'Sango-Kaku' Japanese maple highlights the firepit and seating area.

golden season

TAKE A CUE FROM THIS OREGON GARDEN'S MIX OF VIBRANT FOLIAGE, TAWNY GRASSES, AND LATE-BLOOMING FLOWERS FOR A LANDSCAPE THAT COMES ALIVE AS THE WEATHER COOLS.

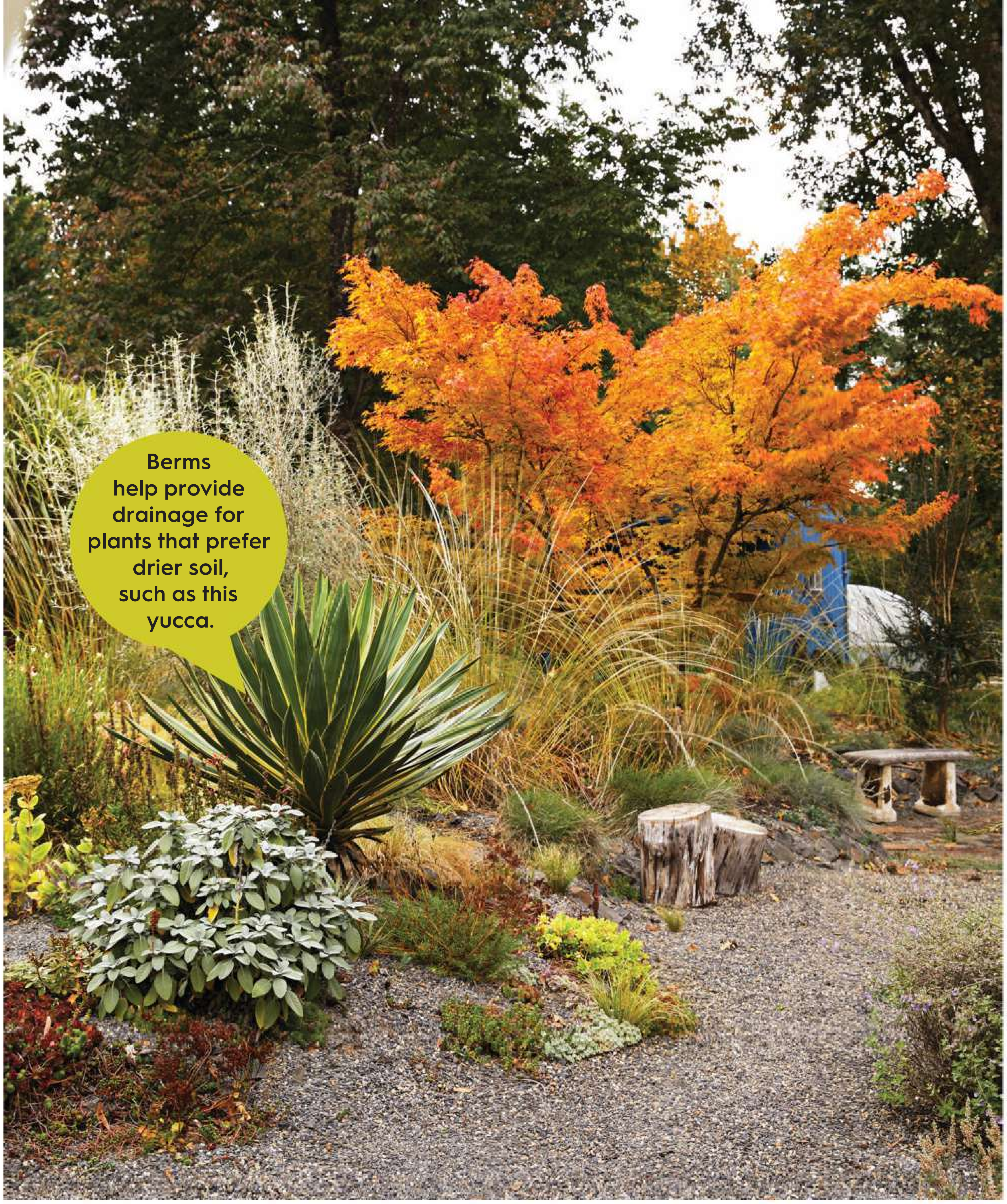
WRITTEN AND PRODUCED BY **THAD ORR** PHOTOS **JACOB FOX**

TEXTURE PLAY

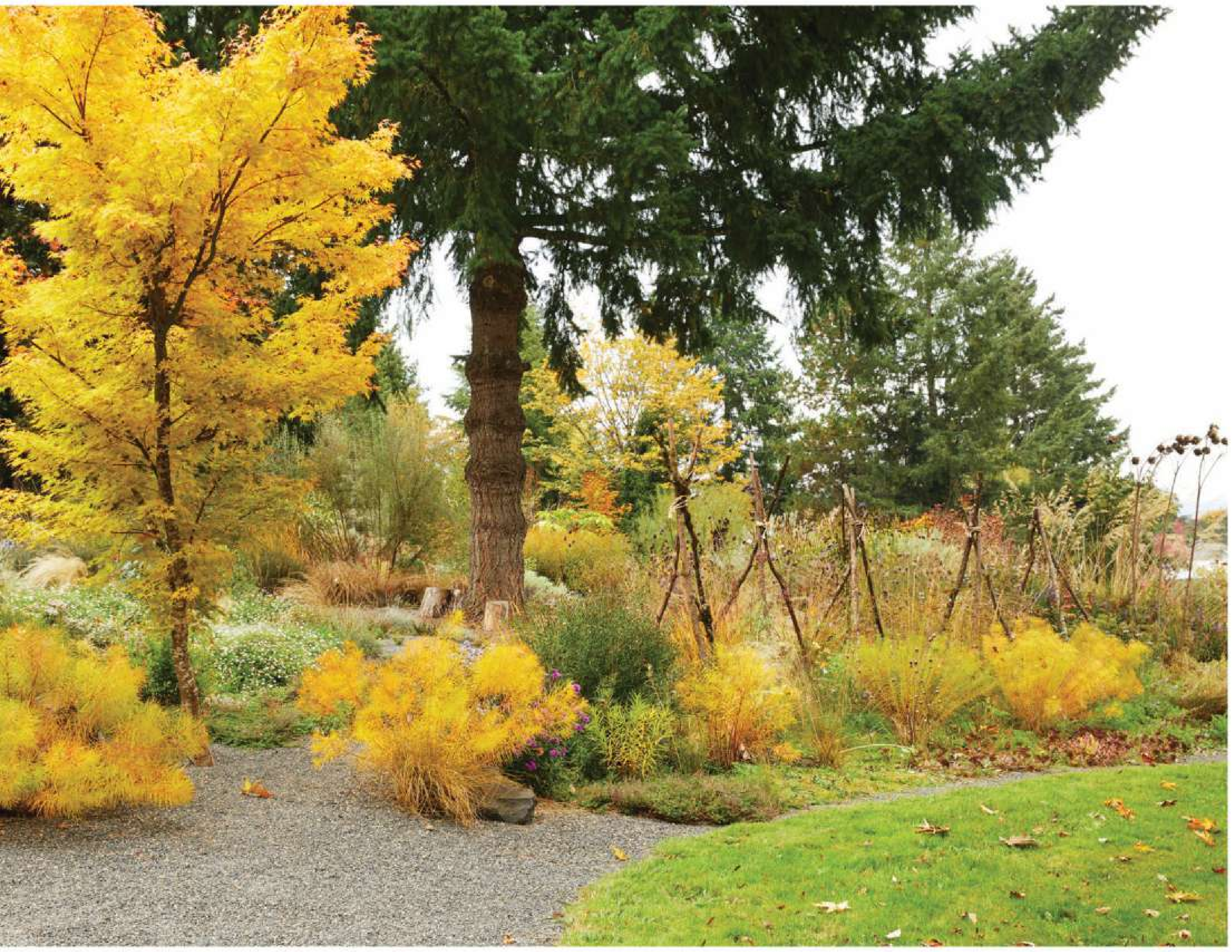
Contrasting foliage creates a more interesting mix. Along path edges, *right,* low-growing sedums are paired with smaller grasses. Behind them, rounded gray-green sage leads to a spiky variegated yucca and wispy deergrass.

GARDEN ARCHITECTURE

A yard that's as densely planted as this one needs some structure to break up the foliage. A series of branch trellises, *below,* does the trick. Repeating some plants, like the yellow bluestar, ties the garden together.



Berms help provide drainage for plants that prefer drier soil, such as this yucca.



[STRATEGY]

WATER SMART

Tamara and David created berms and swales on their property to direct rainwater to plants that need it.

- **BERMS** These mounded or raised areas of soil provide well-draining planting spaces. They help direct water away from plants that need more drainage.
- **SWALES** Depressed areas of land, swales are strategically worked into the base of slopes to retain water and direct it to plant roots.

1

2

3

color in many forms

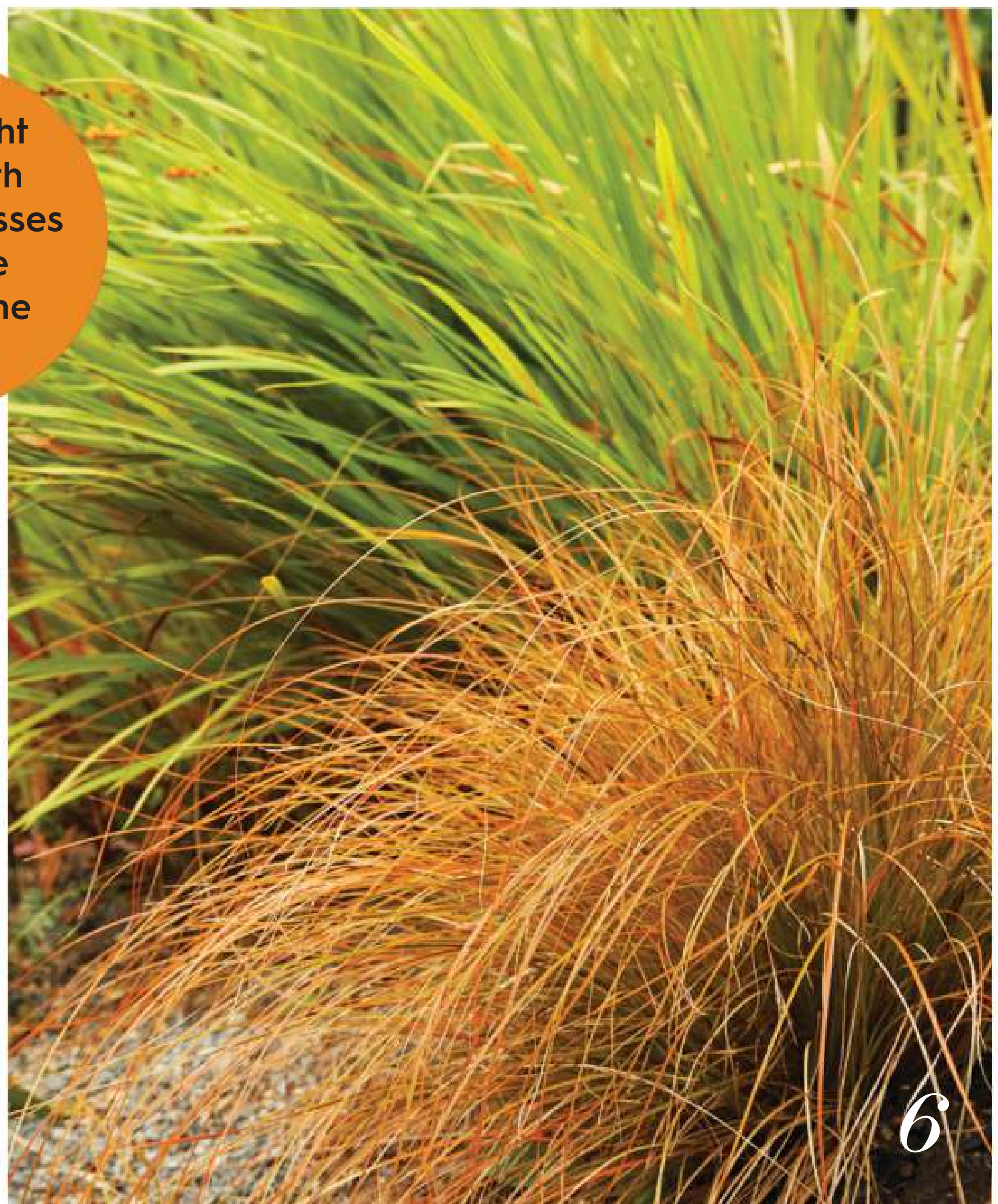
Some of the garden's cool-season performers recommended by David and Tamara, *above*:

1 SHRUB ROSE Reaching 8 feet tall, the shrub is covered in red rose hips in fall. **2 'PURPLE DOME' ASTER** Hot pink flowers stand out against bluestar's yellow foliage. **3 'MATRONA' SEDUM** Wine-red flowers bloom from August to October. **4 DOUGLAS ASTER** This perennial does well in moist areas of the garden. **5 ANISE HYSSOP** Its seed heads last into winter. **6 ORANGE SEDGE** The grasslike foliage contrasts with the bright green crocosmia behind it. **7 BABY SAGE** Pink-lobed flowers are beloved by bees and hummingbirds. ■

4

5

Mix upright plants with shorter grasses to create levels in the garden.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7

RECIPES FROM PAGES 64–69

A FLEXIBLE FEAST

ROAST TURKEY WITH CITRUS AND SAGE

If you opt for a frozen bird, make sure it is nearly thawed before starting the dry-brining step (to remove giblets and easily rub brine under skin). Allow 1 day of thawing in fridge per 4 lb. of turkey.

HANDS-ON TIME 15 min.
TOTAL TIME 35 hr. 15 min., includes 24-hour brining

1	**12-lb. whole turkey**
1	**orange**
1	**Tbsp. chopped fresh thyme**
2	**Tbsp. chopped fresh sage and/or rosemary**
2	**Tbsp. chopped fresh flat-leaf parsley**
1	**small onion, quartered**
	Bourbon and Cider Pan Gravy (recipe, *far right*)

1. Two to three days before roasting, remove neck and giblets from thawed turkey (reserve for gravy, if desired, or discard). Pat turkey dry with paper towels. Zest the orange; reserve fruit. For dry brine: In a small bowl stir together orange zest, thyme, 3 to 4 Tbsp. *kosher salt,* and 1 tsp. *black pepper.* Gently loosen skin of turkey. Rub turkey all over with dry brine, including under skin and inside the cavity. Cover turkey with plastic wrap or place in a 2-gal. resealable plastic bag and seal. Place in a roasting pan or large container. Refrigerate 24 to 48 hours, turning occasionally.
2. One day ahead of roasting, remove turkey from bag. Pat dry with paper towels. Gently stuff sage and parsley under turkey skin. Return turkey to pan or container. Refrigerate, uncovered, overnight (8 to 12 hours). (This step allows skin to dry so it will be crispy.)
3. One hour before roasting, remove turkey from refrigerator. Preheat oven to 425°F. Meanwhile, quarter reserved orange. Stuff cavity with orange and onion. Place turkey, breast side up, on a rack in a shallow roasting pan. Twist wing tips under back to hold neck skin in place. Brush turkey with 3 Tbsp. *olive oil.* If you like, insert an oven-going meat thermometer into center of an inside thigh muscle (not touching bone).
4. Roast 30 minutes. Reduce oven temperature to 325°F. Roast 2¼ to 2¾ hours more or until thermometer registers at least 175°F in thigh. About 40 minutes before the end of roasting, rotate pan; cover turkey loosely with foil. When turkey is done, the juices should run clear and the drumsticks should move easily in their sockets. Transfer turkey to a cutting board, reserving drippings in roasting pan for gravy. Cover turkey; let rest at least 15 minutes before carving. Serve with Bourbon and Cider Pan Gravy. Serves 12 to 14.

PER SERVING *511 cal, 21 g fat (5 g sat fat), 244 mg chol, 1,126 mg sodium, 1 g carb, 74 g pro*

Take It Easy Instead of a whole turkey, use *8 lb. bone-in turkey pieces* (breast, thighs, and/or drumsticks). For rub, stir together thyme, sage, parsley, orange zest, 2 tsp. *kosher salt*, and ¼ tsp. *black pepper.* Rub all over turkey pieces and under loosened skin. Preheat oven to 425°F. Brush turkey with 2 Tbsp. *olive oil* or *melted butter*. (Omit orange and onion used to stuff cavity.) Place on greased rack of a roasting pan. Let stand at room temperature 30 to 60 minutes. Roast turkey pieces, uncovered, 20 minutes. Reduce oven to 325°F. Roast 1 to 1¼ hours more or until done (165°F for breast, at least 175°F for drumsticks and thighs), covering with foil as needed to prevent overbrowning. Let rest and serve as directed.

BOURBON AND CIDER PAN GRAVY

START TO FINISH 15 min.

	Reserved drippings from Roast Turkey with Citrus and Sage (recipe, *far left*)
¼	**cup apple cider**
2	**to 3 Tbsp. bourbon or apple cider**
	No-salt-added turkey or chicken broth
⅓	**cup all-purpose flour**

1. After roasting turkey, transfer to a cutting board. Pour drippings into a 2-cup liquid measuring cup. Skim off fat, reserving ¼ cup fat. Add cider and bourbon to roasting pan, stirring to loosen brown bits. Add cider mixture to skimmed drippings. Add enough turkey broth to equal 2 cups.
2. In a medium saucepan place reserved fat. Whisk in flour. Cook and stir over medium 1 minute. Add drippings mixture all at once. Cook and stir over medium until thickened and bubbly. Cook and stir 1 minute more. Season with *kosher salt* and *black pepper.* Makes 2¼ cups.

Make Ahead Prep as directed, using ¼ cup *butter* in place of turkey fat. Combine cider and bourbon; add enough broth to equal 2 cups. Melt butter in saucepan and cook as directed in Step 2; cool slightly. Transfer to an airtight container; refrigerate up to 3 days. Reheat gravy in a saucepan. If you like, add 2 to 3 Tbsp. drippings from the turkey for extra flavor.

PER 3 TBSP. *56 cal, 4 g fat (2 g sat fat), 10 mg chol, 1,339 mg sodium, 3 g carb, 1 g sugars, 1 g pro*

Take It Easy In a small saucepan stir together one 12-oz. jar *purchased turkey gravy,* ¼ cup *apple cider,* and 2 Tbsp. *bourbon;* heat through. If you like, stir in 2 to 3 Tbsp. *turkey drippings* and 1 Tbsp. chopped *fresh sage.* Makes 1½ cups.

PHOTO: CARSON DOWNING

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McCormick
RUBBED
Sage
Hand-Picked for Bright Herb Flavor

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YOUR ONLY JOB
ON THANKSGIVING
WAS EATING
ALL THE SIDES.

IT'S GONNA
BE GREAT™

You're in charge of sides? **Scan the code** for this Sausage Stuffing Muffins recipe and other great sides.

GREEN BEAN AND MUSHROOM SKILLET

START TO FINISH 30 min.

1½ lb. haricots verts or thin green beans, trimmed
3 Tbsp. all-purpose flour
1½ cups thinly sliced shallots (3 large)
1½ lb. assorted mushrooms, sliced
8 slices thick-cut bacon
4 cloves garlic, sliced
2 Tbsp. chopped fresh marjoram
1 Tbsp. lemon zest
4 oz. herbed goat cheese (chèvre)
Flaky sea salt and cracked black pepper

1. In a 4- to 6-qt. pot blanch beans in boiling, lightly salted water 5 to 8 minutes or just until bright green and crisp-tender. Drain; plunge beans into an ice bath. Drain well; chill.
2. In a small bowl combine flour and ¼ tsp. each *kosher salt* and *black pepper.* Add shallots; toss to coat. In a small saucepan heat ⅓ cup *canola oil* over medium. Add shallots in batches; cook 1½ to 2 minutes or until golden. Using a slotted spoon, remove shallots to a paper towel-lined plate to drain.
3. In an extra-large skillet cook mushrooms over medium 8 to 10 minutes or until tender and browned; remove from skillet. Add bacon to skillet. Cook until browned and crisp; remove to drain, reserving 2 Tbsp. drippings in skillet. Crumble or chop bacon.
4. Add 2 Tbsp. *canola oil* to drippings in skillet. Add garlic; cook 1 minute. Add beans, mushrooms, bacon, marjoram, lemon zest, ½ tsp. *kosher salt*, and ¼ tsp. *black pepper.* Heat through, tossing, about 3 minutes. Transfer to a platter. Thinly slice or crumble goat cheese and add to veggies; gently toss to melt. Top with flaky sea salt, cracked black pepper, and crispy shallots. Serves 8.

Make Ahead Slice mushrooms. Prep green beans as directed in Step 1. Chill in an airtight container up to 24 hours. Prep and cook recipe as directed.

PER SERVING *169 cal, 9 g fat (4 g sat fat), 23 mg chol, 309 mg sodium, 15 g carb, 4 g fiber, 6 g sugars, 11 g pro*

Take It Easy Prep as directed, except use two 12-oz. pkg. *frozen uncut green beans*, thawed and drained (omit blanching); *presliced mushrooms;* and 1 cup *purchased crispy fried onions* in place of shallots. In a microwave-safe dish warm crispy fried onions on high 1 minute or until heated through. Finish as directed.

SCALLOPED SWEET POTATOES WITH PEANUT STREUSEL

HANDS-ON TIME 35 min.
TOTAL TIME 2 hr. 5 min.

2 Tbsp. butter
3 garlic cloves, minced
3 Tbsp. all-purpose flour
1½ cups unsweetened light coconut milk
1 Tbsp. chopped fresh basil or parsley
½ tsp. Chinese five-spice powder, or ¼ tsp. ground cinnamon or ground nutmeg
3 lb. sweet potatoes (5 to 6 medium), peeled and very thinly sliced
Peanut Streusel (recipe, *right*)

1. Preheat oven to 325°F.* Grease the bottom and sides of a 10-inch springform pan. Line pan with parchment paper, allowing ends of paper to extend above edge of pan.
2. For sauce: In a large saucepan melt butter over medium. Add garlic; cook 1 minute. Whisk in flour. Add coconut milk all at once. Cook and stir until thickened and bubbly. Stir in basil, five-spice powder, ½ tsp. *kosher salt,* and ¼ tsp. *black pepper;* remove from heat.
3. Arrange sweet potatoes in pan, overlapping slices as necessary and spooning some of the sauce over each layer as you work your way around the pan. (You should have five or six layers of potatoes with about ¼ cup sauce per layer, ending with sauce.) Season with additional salt and pepper. Sprinkle with Peanut Streusel.
4. Bake, uncovered, about 1 hour or until bubbly and golden and potatoes are tender. Remove from oven; let stand 30 minutes. Remove sides of pan; gently peel away paper. Slice into wedges and, if you like, top with additional peanuts and/or basil. Serves 8.

PEANUT STREUSEL In a medium bowl stir together ½ cup each packed *brown sugar* and *all-purpose flour.* Using a pastry blender, cut in ¼ cup *butter* until mixture resembles coarse crumbs. Stir in ½ cup each chopped *roasted peanuts* or *toasted almonds* and *flaked coconut.*

***TIP** To bake separate from the turkey, bake at 375°F 45 minutes.

Make Ahead Up to 1 day ahead, slice potatoes, make sauce, and prepare Streusel. Place in separate airtight containers and chill. (Place potatoes in a resealable plastic bag; squeeze out excess air.) Assemble and bake as directed.

PER SERVING *405 cal, 19 g fat (11 g sat fat), 23 mg chol, 343 mg sodium, 55 g carb, 7 g fiber, 17 g sugars, 7 g pro*

Take It Easy Prep as directed, placing potatoes in a buttered 3-qt. baking dish. Spread sauce over potatoes. Top with Streusel. Bake in a 325°F oven, uncovered, about 1 hour or until browned and potatoes are tender. Let stand 10 minutes before serving.

POTATO, CELERY ROOT, AND PARSNIP MASH

HANDS-ON TIME 30 min.
TOTAL TIME 55 min.

¼ of a medium onion
6 garlic cloves, peeled
2 sprigs fresh rosemary or thyme

PHOTO: CARSON DOWNING

MILK FROM IRISH GRASS-FED COWS
Kerrygold
YOUR OWN LITTLE SLICE OF HAPPINESS
Milk from GRASS-FED COWS
Kerrygold
DUBLINER
IMPORTED FROM IRELAND
Kerrygold
IRISH GRASS-FED
SAVORY CHEDDAR
10 SLICES
NET WT. 7 OZ (198 g)
Kerrygold
PURE IRISH BUTTER
Net Wt. 8 OZ (227 g)

MADE WITH MILK FROM GRASS-FED COWS THAT GRAZE ON THE LUSH PASTURES OF IRELAND.

2	bay leaves
3	lb. Yukon gold or russet potatoes, peeled and cut into large chunks
1	lb. parsnips, peeled and cut into large chunks
1	lb. celery root (celeriac), peeled and cut into ½-inch slices
½	to ¾ cup butter, at room temperature and cut up
¾	to 1 cup warm half-and-half, milk, chicken broth, or buttermilk
	Melted butter and chopped fresh chives

1. In a 6-qt. pot combine 3 qt. *water,* the onion, garlic, rosemary, bay leaves, and 3 Tbsp. *kosher salt.* Bring to boiling. Add potatoes, parsnips, and celery root. Cook, covered, over medium 25 to 30 minutes or until very tender when pierced with a knife; drain. Remove and discard herb stems and bay leaves. Return potato mixture to pan. Mash with a ricer or potato masher.

2. Return pan to low and stir in butter one piece at a time. Stir in enough half-and-half to reach desired consistency. Season with additional salt and *black pepper.* Serve topped with melted butter and chives. Serves 12.

Make Ahead Prep mash as directed. Transfer to a glass or ceramic baking dish. Cover and chill up to 3 days or freeze up to 1 month (thaw in refrigerator before reheating). To reheat, microwave 5 minutes, stirring once or twice. Or transfer to a 4-qt. slow cooker and heat on low 3½ to 4 hours, stirring every hour.

PER SERVING *213 cal, 12 g fat (7 g sat fat), 31 mg chol, 966 mg sodium, 26 g carb, 3 g fiber, 3 g sugars, 3 g pro*

Take It Easy Heat three 24-oz. pkg. *refrigerated mashed potatoes* according to package directions, stirring and adding 2 minced *garlic cloves,* halfway through cooking. Stir in 2 to 3 Tbsp. chopped *fresh rosemary* and/or *thyme* and 2 Tbsp. softened *butter.* Top with melted butter and chives.

AUTUMN FRUIT AND GINGER CHUTNEY

HANDS-ON TIME 20 min.
TOTAL TIME 55 min.

¾	cup cider vinegar
½	cup apple cider, orange juice, or kombucha
2	Tbsp. chopped crystallized ginger or 2 tsp. ground ginger
1	4-inch cinnamon stick
1	whole star anise (optional)
¼	tsp. crushed red pepper or ground black pepper
2	medium pears and/or Granny Smith apples, peeled and chopped
1	cup chopped dried apricots
1	cup fresh or frozen cranberries
1	to 1¼ cups packed brown sugar
¼	cup orange marmalade

1. In a medium saucepan bring vinegar, cider, ginger, cinnamon stick, anise (if using), crushed red pepper, and ½ tsp. *kosher salt* to boiling. Stir in pears, apricots, cranberries, brown sugar, and marmalade. Cook and stir until bubbly. Reduce heat. Simmer, uncovered, 35 minutes or until fruit is tender and mixture thickens slightly.

2. Remove pan from heat and let stand, covered, 2 hours. Remove and discard cinnamon stick and anise. Serve at room temperature or cover and chill until ready to serve. Serves 12.

Make Ahead Prep as directed. Store in refrigerator up to 1 week.

PER SERVING *147 cal, 109 mg sodium, 38 g carb, 2 g fiber, 30 g sugars, 1 g pro*

Take It Easy In a large saucepan combine 2½ cups *apple cider* or *cranberry juice,* 2¼ cups roughly chopped *dried fruit* (apricots, pears, apples, golden raisins, and/or cranberries), ¼ cup *cider vinegar,* 2 Tbsp. *crystallized ginger,* 1 *cinnamon stick,* ¼ tsp. *crushed red pepper,* and, if you like, 1 *star anise.* Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Remove from heat; let stand, covered, 2 hours. Remove and discard cinnamon stick and anise. Serve at room temperature or cover and chill.

PULL-APART STUFFING RING

HANDS-ON TIME 25 min.
TOTAL TIME 1 hr. 50 min.

¾	cup unsalted butter
2	cups chopped onion (1 large)
2	cups sliced celery (4 stalks)
1	cup chopped apple
3	Tbsp. chopped fresh rosemary or tarragon
3	Tbsp. chopped fresh flat-leaf parsley, basil, or sage
1	tsp. poultry seasoning
1	egg, lightly beaten
2	16.3-oz. pkg. refrigerated biscuits, separated and cut into quarters

1. Preheat oven to 325°F.* Butter or grease a 10-inch fluted tube pan.

2. In an extra-large skillet melt butter over medium. Cook onion, celery, and apple in butter 8 to 10 minutes or until tender. Stir in fresh herbs, poultry seasoning, and ½ tsp. each *kosher salt* and *black pepper.* Cook and stir 1 minute. Transfer vegetable mixture to an extra-large bowl. Let cool 15 minutes. Stir in egg. Add cut-up biscuits; toss to coat evenly. Spoon biscuit mixture into prepared pan. Press down lightly.

3. Bake about 1 hour or until golden brown and a thermometer registers 160°F. Transfer to a wire rack; let cool 10 minutes. Run a knife around edge of pan; invert stuffing ring onto a serving platter. Invert again. Garnish with additional fresh parsley. Serves 12.

PHOTO: CARSON DOWNING

***TIP** To bake separate from the turkey, bake at 375°F 45 minutes.

Make Ahead Prep as directed through Step 2. Cover and chill up to 4 hours. Bake as directed.

PER SERVING *359 cal, 20 g fat (9 g sat fat), 47 mg chol, 808 mg sodium, 39 g carb, 1 g fiber, 8 g sugars, 6 g pro*

Take It Easy Prep as directed using *prechopped onion* and *celery* or *mirepoix* (look in the produce section). If you like, omit apple.

WINTER SLAW WITH BLOOD ORANGE VINAIGRETTE

START TO FINISH 25 min.

6 cups shredded stemmed kale
3 cups shredded radicchio (1 head)
1 cup shredded purple cabbage
⅓ cup blood orange juice
1 Tbsp. white wine vinegar
1 Tbsp. Dijon mustard
1 tsp. sugar
1 garlic clove, minced
2 blood oranges, peeled and sliced
½ cup pomegranate seeds
½ cup chopped flat-leaf parsley
½ cup pepitas (pumpkin seeds), toasted

1. In an extra-large bowl combine kale, 1 Tbsp. *olive oil,* and 1 tsp. *kosher salt.* Using your hands, massage kale to help soften the fibrous leaves. Rinse in a colander under running water; drain well and return to the bowl. Add radicchio and cabbage; toss.
2. For dressing: In a small bowl whisk together orange juice, vinegar, mustard, sugar, garlic, ⅓ cup olive oil, and ¼ tsp. each kosher salt and *black pepper.*
3. Add half of the dressing to kale mixture; toss to coat. Gently stir in oranges, pomegranate seeds, and parsley. Sprinkle with pepitas. Serve salad with remaining dressing. Serves 10.

Make Ahead Prep salad and dressing as directed through Step 2. Cover; chill separately up to 48 hours.

PER SERVING *188 cal, 15 g fat (2 g sat fat), 299 mg sodium, 11 g carb, 3 g fiber, 5 g sugars, 5 g pro*

Take It Easy Prep as directed, using 6 cups *prechopped fresh kale* (remove any tough woody stems and ribs) and one 14-oz. pkg. *shredded cabbage with carrot (coleslaw mix)* in place of the radicchio and cabbage.

PUMPKIN-CHAI CHEESECAKE

HANDS-ON TIME 25 min.
TOTAL TIME 6 hr. 50 min., includes cooling and chilling

2 cups finely crushed cinnamon or plain graham crackers (14)
1 Tbsp. plus 1 cup sugar
½ cup butter, melted
2 8-oz. pkg. cream cheese, softened
2 tsp. vanilla
3 eggs, at room temperature
½ tsp. ground cardamom
1 cup canned pumpkin
1 tsp. pumpkin pie spice
Pumpkin Spice Whipped Cream (recipe, *right*) (optional)

1. Preheat oven to 350°F. For crust: In a bowl combine crushed graham crackers and 1 Tbsp. of the sugar. Stir in melted butter. Press crumb mixture into bottom and about 1½ inches up sides of a 9-inch springform pan or deep-dish pie plate; refrigerate until needed.
2. For filling: In a large bowl beat cream cheese, ¾ cup of the sugar, and the vanilla with a mixer on medium-high until smooth. Add eggs, one at a time, beating on low just until combined. Transfer 1 cup of the filling to a small bowl; whisk in cardamom.
3. To the remaining filling, whisk in the remaining ¼ cup sugar, the pumpkin, and pumpkin pie spice. Spread pumpkin filling over crust. Drop cardamom filling in spoonfuls onto pumpkin filling. Use a butter knife to swirl batters to marble.
4. Place pan on a baking sheet. Bake 40 to 45 minutes or until a 2½-inch area around the outside edge appears set when gently shaken. Cool in pan on a wire rack 15 minutes. Using a thin metal spatula, loosen crust from sides of pan; cool 30 minutes. Remove sides of pan; cool 1 hour or until completely cool. Chill at least 4 hours. If you like, serve with Pumpkin Spice Whipped Cream. Serves 12.

PUMPKIN SPICE WHIPPED CREAM In a large chilled bowl beat 1 cup *heavy cream,* 2 Tbsp. *powdered sugar,* and 1 Tbsp. *pumpkin pie spice* with a mixer on medium until soft peaks form (tips curl). Makes 2 cups.

Make Ahead Refrigerate cooled cheesecake, covered, up to 3 days. Or wrap and freeze up to 1 month. If frozen, thaw in refrigerator 2 days before serving.

PER SERVING *368 cal, 23 g fat (13 g sat fat), 105 mg chol, 332 mg sodium, 33 g carb, 1 g fiber, 22 g sugars, 6 g pro*

Take It Easy Omit crust ingredients for springform pan and use two *purchased 9-inch graham cracker crusts.* If desired, omit marbling the two fillings. Instead beat all filling ingredients together; divide evenly into each crust and bake 30 minutes or until center jiggles slightly when shaken. Cool on wire rack 1 hour. Chill and serve as directed. Top with Pumpkin Spice Whipped Cream. Serves 16.

RECIPES FROM PAGES 54–59

PICK YOUR PIE

Recipes by Kate McDermott,
author of *Pie Camp.*

BROWN SUGAR GINGERSNAP PUMPKIN CHIFFON PIE

If you're worried about using uncooked egg whites, sub in pasteurized whites in Step 7: 2 Tbsp. liquid egg white equals 1 large egg white (so use 6 Tbsp. total).

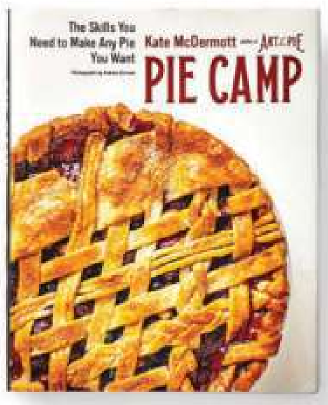
HANDS-ON TIME 30 min.
TOTAL TIME 4 hr. 30 min., includes chilling

2½ cups gingersnap, graham cracker, vanilla, or chocolate wafer cookie crumbs
3 Tbsp. plus ⅓ cup granulated sugar
1 tsp. ground cinnamon, ginger, or cardamom (optional)
6 Tbsp. butter, melted
¾ cup packed brown sugar
2½ tsp. unflavored gelatin
1 tsp. ground cinnamon, plus more for dusting

¼ tsp. freshly ground nutmeg, plus more for dusting
1 tsp. ground ginger
Pinch ground cloves
3 eggs, separated
¾ cup half-and-half, milk, or canned unsweetened coconut milk
1 Tbsp. orange liqueur, rum, or bourbon (optional)
1¼ cups canned pumpkin
1 cup heavy cream, chilled
2 Tbsp. powdered sugar, sifted

1. For crumb crust: Preheat oven to 350°F. In a medium bowl combine cookie crumbs, the 3 Tbsp. granulated sugar, and 1 tsp. cinnamon (if using). Add melted butter; distribute well.
2. Turn the mixture out into a 9-inch pie plate and evenly spread it over the bottom and up the sides. Using your fingers, the back of a measuring cup, or the rounded side of a coffee mug, press crumbs in firmly, trying to keep crust depth even on the sides and the bottom.
3. Bake 6 to 8 minutes or until edges have gained a little color. Remove from oven; let cool.
4. Meanwhile, for chiffon: Place brown sugar, gelatin, 1 tsp. cinnamon, the nutmeg, ginger, cloves, and ½ tsp. *kosher salt* in a saucepan; whisk together.
5. In a bowl mix egg yolks, half-and-half, and liqueur (if using). Add to brown sugar mixture; stir to combine. Let stand a few minutes.
6. Heat mixture in pan over medium and stir in a figure-eight pattern until mixture comes to a boil. Remove from heat; stir in the pumpkin. Transfer mixture to a bowl. Refrigerate 1 hour.
7. In a stand mixer or in a bowl with a hand mixer, beat egg whites until soft peaks form (tips curl). Sprinkle the remaining ⅓ cup granulated sugar over egg whites, continuing to beat until stiff peaks form (tips stand straight).
8. Lightly fold beaten egg whites into chilled pumpkin mixture; don't overmix. (You may see some streaks but try to get it as homogeneous-looking as possible.) Spoon pumpkin mixture into crust. Chill 3 to 4 hours or overnight.
9. For whipped cream: Chill a medium bowl and mixer beaters in the freezer. Beat heavy cream on low 1 minute. Increase speed to medium; beat 1 more minute. Increase speed to high and add powdered sugar, 1 Tbsp. at a time. Continue whipping 2 to 3 minutes until soft peaks form. Spoon or pipe onto pie. If you like, sprinkle with additional cinnamon and/or nutmeg. Serves 8.

PER SERVING *537 cal, 27 g fat (16 g sat fat), 134 mg chol, 467 mg sodium, 68 g carb, 2 g fiber, 45 g sugars, 8 g pro*



PIE CAMP
$35; *wwnorton.com*

HONEY HAZELNUT PEAR GALETTES

HANDS-ON TIME 25 min.
TOTAL TIME 1 hr. 50 min., includes chilling

1 cup all-purpose flour or gluten-free flour mix
1 Tbsp. granulated sugar
¼ tsp. baking powder
⅓ cup butter, chilled and cut into ½-inch cubes
¼ cup cream cheese, chilled and cut into small pieces
1½ tsp. cider vinegar
Hazelnut Frangipane Filling *(right)*
2 ripe pears, cored and thinly sliced
¼ cup roasted hazelnuts, roughly chopped
4 to 8 tsp. honey
1 egg white
Demerara sugar, sparkling sugar, or granulated sugar

1. For crust: In a large bowl place flour, sugar, baking powder, and ¼ tsp. *kosher salt;* mix together with a fork.*
2. Add butter and cream cheese; using your hands or a pastry blender, smoosh mixture together until it looks like coarse meal with some small pea-size pieces.
3. Sprinkle cider vinegar and 1½ to 2 Tbsp. *water* over the mixture. Lightly squeeze and press the dough until it all holds together. Divide dough into four pieces and form each into a ball. Wrap individually and chill 1 hour.
4. Preheat oven to 425°F. Roll out dough into 7-inch-diameter circles.
5. Place circles on a large parchment paper-lined baking sheet. Evenly spread about 2 Tbsp. Hazelnut Frangipane Filling on each dough circle, leaving a 1-inch border. Arrange pear slices on each.
6. Sprinkle pears with chopped hazelnuts and drizzle each with 1 to 2 tsp. honey. Fold edges of dough in over filling, pleating dough as you go and leaving most of the pear slices uncovered.
7. For egg wash, in a small bowl beat together egg white and 2 tsp. water. Lightly brush over dough edges and sprinkle with demerara sugar.
8. Bake 12 minutes. Turn oven down to 375°F. Bake about 10 minutes more or until golden brown. Cool slightly. Makes 4 galettes.

HAZELNUT FRANGIPANE FILLING In a small bowl place ¼ cup *granulated sugar* and 2 Tbsp. *softened butter.* With a mixer beat until pale and fluffy. Add ⅓ cup *finely ground hazelnuts* or *hazelnut meal;* 1 *egg yolk;* 2 tsp. *all-purpose flour;* ¼ tsp. *vanilla;* a pinch *salt;* and 1½ tsp. *hazelnut liqueur* (such as Frangelico), *hazelnut extract,* or *brandy.* Mix until completely combined.

***TIP** To make dough in a food processor, pulse two or three times to combine flour, sugar, baking powder, and kosher salt. Add butter and cream cheese; pulse 10 to 15 times or until mixture looks like coarse meal. Add vinegar and 1½ to 2 Tbsp. water; pulse five more times. Turn dough out into a bowl and form into four balls. Wrap individually and chill 1 hour.

PER GALETTE *580 cal, 36 g fat (17 g sat fat), 116 mg chol, 434 mg sodium, 59 g carb, 3 g fiber, 30 g sugars, 8 g pro*

PHOTO: CARSON DOWNING; RECIPES ADAPTED FROM *PIE CAMP* BY KATE MCDERMOTT, PUBLISHED BY COUNTRYMAN PRESS, 2020

MAPLE BOURBON APPLE PIE

This pastry can be made using lard, shortening, butter, or a combination. McDermott prefers to use European-style butter (look for foil-wrapped packages) for its higher percentage of butterfat. Add sugar to the dough if you prefer a sweeter crust with better browning.

HANDS ON 40 min.
TOTAL TIME 4 hr. 40 min., includes chilling and cooling

3¾ cups plus 3 Tbsp. all-purpose flour
1½ to 3 Tbsp. granulated sugar (optional)
1½ cups butter or ¾ cup butter plus ¾ cup lard or shortening, chilled and cut into tablespoon-size pieces
¼ cup granulated sugar
6 medium apples (such as Gala, Honeycrisp, Pink Lady, and/or Granny Smith), peeled and cut into ½-inch-thick slices (about 6 cups)
⅓ cup maple syrup
1 Tbsp. lemon juice
1 to 2 Tbsp. bourbon (optional)
1 Tbsp. butter, chopped
1 egg white
Demerara sugar, sparkling sugar, or granulated sugar

1. For crust: In the bowl of a food processor pulse to combine 2¼ cups of the flour, ¾ tsp. *kosher salt,* and 1½ to 3 Tbsp. granulated sugar (if using).
2. Add butter all at once; pulse to break up and distribute it through the flour. (It's OK if the mixture isn't uniform.) Add remaining 1½ cups flour; pulse two to three more times.
3. Turn the mixture out into a large bowl; sprinkle with 3 to 4 Tbsp. *ice water.* Using your hands or a spatula, continue to add water and lightly press the dough together, gradually adding up to about ⅔ cup more ice water, until the dough comes together into a ball.
4. Divide dough into three equal pieces and form into disks; wrap and chill at least 2 hours.
5. Let dough warm up a bit on the counter while you make the filling. For filling: In a very large bowl combine the remaining 3 Tbsp. flour, the ¼ cup granulated sugar, and ¼ tsp. salt. Add apples and toss to coat. Add maple syrup, lemon juice, and bourbon (if using). Mix until apples are coated.
6. Roll out one portion of dough into a 13-inch circle; place in a 9-inch pie plate. Pour apple filling into shell; dot top of filling with the 1 Tbsp. butter.
7. Roll out a second portion of dough into a 13-inch circle; cut into fifteen to twenty-one ½- to ¾-inch-wide strips. Place strips on top of pie so top is covered. Repeat the same rolling and cutting with third portion of dough.
8. Weave lattice with remaining strips, grouping three strips together as if they were one (see *p. 58*). Trim extra dough and finish with crimping a decorative edge. Chill pie while oven preheats.
9. Place a rimmed baking sheet in the oven. Preheat oven to 425°F.
10. Carefully line preheated baking sheet with parchment paper or foil; place pie on top. Bake 20 minutes. Turn oven down to 375°F. Bake about 20 minutes or until you see some steam and a bit of juice bubbling up through the lattice.
11. For egg wash, in a small bowl beat together egg white and 1 Tbsp. *water.* Open oven, carefully remove pie, and quickly brush top with egg wash; sprinkle lightly with demerara sugar. Place pie back in the oven; bake 20 minutes more. Let pie cool at least 1 hour. Serves 8.

PER SERVING *651 cal, 37 g fat (23 g sat fat), 95 mg chol, 587 mg sodium, 74 g carb, 4 g fiber, 23 g sugars, 7 g pro*

RECIPES FROM PAGES 46–52

HERE'S TO THE HUMBLE CRANBERRY

Recipes by Kate Ramos, author of *Plant Powered Mexican.*

PORK CHOPS WITH CRANBERRIES & PEARS

HANDS-ON TIME 25 min.
TOTAL TIME 40 min.

1 Tbsp. packed brown sugar
1 tsp. ground mustard
4 6-oz. boneless pork chops, cut 1 inch thick
2 large ripe Bartlett pears, cored and cut into wedges
1 medium yellow onion, cut into ¼-inch-thick wedges
1 cup fresh or frozen cranberries
3 sprigs fresh rosemary
1 cup hard apple cider or apple cider
2 Tbsp. unsalted butter

1. Preheat oven to 425°F. For spice mix: In a small bowl mix together brown sugar, mustard, 1½ tsp. *kosher salt,* and ½ tsp. *black pepper.* Rub spice mix over both sides of chops.
2. In a 12-inch cast-iron or oven-going skillet heat 1 Tbsp. *olive oil* over medium-high. Add chops and cook 2 to 3 minutes per side or until browned. Remove chops from skillet.
3. Add pears and onion to skillet. Cook and stir about 2 minutes or until browned. Return chops to skillet, nestling into pears and onions. Top with cranberries and rosemary.
4. Bake about 15 minutes or until pork reaches 145°F. Transfer chops and pear mixture to a platter; cover to keep warm.
5. For pan sauce: Carefully add cider to hot skillet. Boil gently over medium 5 to 7 minutes or until reduced and slightly thickened, stirring to scrape up browned bits. Whisk in butter; cook and stir 1 to 2 minutes more to thicken. Season with ¼ tsp. each kosher salt and pepper. Spoon pan sauce over pork chops and pear mixture. Serves 4.

PER SERVING *391 cal, 14 g fat (5 g sat fat), 95 mg chol, 552 mg sodium, 28 g carb, 5 g fiber, 18 g sugars, 35 g pro*

CRANBERRY SALSA MACHA

HANDS-ON TIME 15 min.
TOTAL TIME 1 hr.

1 oz. dried pasilla chiles
1 oz. dried morita or chipotle chiles
2 cups grapeseed oil
5 garlic cloves, halved
½ cup roasted unsalted sunflower kernels
¾ cup dried cranberries
1 Tbsp. chia seeds

¼ cup dried hibiscus flowers (flor de jamaica), rinsed and chopped
¼ cup cider vinegar
1 tsp. dried mint

1. Stem, seed, and, if desired, devein chiles. Cut into ¼-inch pieces.
2. In a medium saucepan combine grapeseed oil, garlic, and sunflower kernels; cook over medium about 15 minutes or until garlic is golden. (Garlic will take about 4 minutes to brown once the oil comes to a simmer.)
3. Remove grapeseed oil mixture from heat. Add chiles, cranberries, chia seeds, and hibiscus; let cool 30 minutes.
4. Transfer mixture to a food processor. Add vinegar, mint, and 2 tsp. *kosher salt;* pulse nine to 10 times or until mixture is emulsified and sunflower kernels are broken up but the mixture isn't a paste.
5. Serve over eggs, grilled fish, or with bread for dipping. Store in an airtight container in the refrigerator up to 2 weeks. Makes 2½ cups.

PER 2 TBSP. *241 cal, 24 g fat (2 g sat fat), 114 mg sodium, 7 g carb, 1 g fiber, 3 g sugars, 1 g pro*

RULES FOR KITCHEN SWEEPSTAKES

KITCHEN SWEEPSTAKES

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CRANBERRY-RICOTTA PANCAKES WITH SALTED MAPLE BUTTER

START TO FINISH 40 min.

4 oranges
4 eggs, separated
1½ cups whole milk ricotta cheese
⅔ cup whole milk
1⅓ cups all-purpose flour
½ cup sugar
2 tsp. baking powder
1 cup chopped fresh or frozen cranberries, thawed
Salted Maple Butter (recipe, *below*)
Maple syrup (optional)

1. Remove 2 Tbsp. zest and squeeze ¼ cup juice from oranges. In a large bowl whisk together zest and juice, egg yolks, ricotta, and milk until smooth.
2. In a medium bowl combine flour, sugar, baking powder, and 1 tsp. *kosher salt*.
3. For batter: Add flour mixture to ricotta mixture and stir until just barely combined. (A few lumps are fine.)
4. Place egg whites in the bowl of a stand mixer fitted with whisk attachment. Whisk on high until stiff peaks form (tips stand straight). Fold half of the whites into the batter. Add remaining whites; gently fold them in until mostly blended but some streaks of egg whites remain.
5. Heat a greased griddle or skillet over medium. Add batter in ¼-cup scoops. Top each pancake with ½ to 1 Tbsp. chopped cranberries. Cook 2 to 3 minutes per side or until golden. (Keep warm in an oven on low while you cook the remaining pancakes.) Serve pancakes with Salted Maple Butter and, if you like, maple syrup. Serves 6.

SALTED MAPLE BUTTER
In a medium bowl combine ½ cup softened *unsalted butter,* 3 Tbsp. *maple syrup,* and ¾ tsp. *kosher salt.*

PER SERVING *540 cal, 31 g fat (15 g sat fat), 198 mg chol, 620 mg sodium, 55 g carb, 2 g fiber, 26 g sugars, 13 g pro*

CRANBERRY-HIBISCUS BABKA

Dried hibiscus blooms (aka flor de jamaica) lend floral tartness and vibrant color to drinks, sweets, and condiments. Look for whole dried flowers in Mexican grocery stores, at farmers markets, or online. Rinse them in cold water before using.

HANDS-ON TIME 30 min.
TOTAL TIME 5 hr. 5 min., includes rising

1 cup fresh or frozen cranberries
⅓ cup granulated sugar
3 Tbsp. orange juice
¼ cup dried hibiscus flowers (flor de jamaica), rinsed (optional)
2 cups all-purpose flour
½ cup warm whole milk
¼ cup plus 3 Tbsp. granulated sugar
2 eggs, at room temperature
1 tsp. dry active yeast
4 Tbsp. unsalted butter, at room temperature, cut into small pieces
1 to 2 Tbsp. turbinado or pearl sugar

1. For the jam: In a medium saucepan combine cranberries, the ⅓ cup granulated sugar, the orange juice, hibiscus flowers (if using), and ¼ cup *water.* Bring to simmering, stirring to dissolve sugar. Reduce heat. Gently simmer, uncovered, about 15 minutes or until slightly thickened. Let cool 15 minutes; transfer mixture to a blender and blend to a smooth puree. Cool completely. You should have ⅔ cup jam (it thickens as it cools; stir before using).
2. For the babka: In the bowl of a stand mixer fitted with the dough hook* combine flour, milk, ¼ cup granulated sugar, the eggs, yeast, and ½ tsp. *kosher salt.* Mix on low until combined. Increase speed to medium and knead 8 minutes. Add butter, one piece at a time, beating until combined after each.
3. Coat a medium bowl with *nonstick cooking spray*; transfer dough to the bowl. (Dough will be very sticky; use floured

TRADITIONAL CRANBERRY SAUCE
For our classic Cranberry Sauce recipe, hover your smartphone camera over this code.

hands or a rubber spatula.) Cover; let rise in a warm place 2 to 3 hours or until doubled in size.

4. Turn out dough onto a generously floured work surface. Sprinkle with more flour; pat dough into a 12×9-inch rectangle. Spread jam in an even layer over rectangle, leaving a 1-inch border all the way around. Starting from a long side, roll dough into as tight a log as you can without the jam squeezing out. Pinch edges of dough to seal.

5. Cut the log in half lengthwise, exposing the jam. Lay the two pieces, jam side up, side by side. Twist the two pieces around each other. Pinch ends together and fold them under the loaf.

6. Coat a 9×5-inch loaf pan with cooking spray. Lay the babka in the pan. Cover; let rise in a warm place 1½ to 2 hours or until it has risen slightly above the edge of the pan.

7. Position an oven rack in the middle of the oven. Preheat oven to 350°F. Bake babka about 35 minutes or until golden brown, firm to the touch, and the internal temperature reaches 190°F.

8. Meanwhile, in a small saucepan combine the remaining 3 Tbsp. granulated sugar and 3 Tbsp. water. Bring to boiling, stirring to dissolve sugar. Remove from heat; let syrup cool slightly.

9. Remove babka from oven and brush generously with syrup while still warm. Sprinkle with turbinado sugar. Cool in pan on a wire rack 15 minutes. Remove babka from pan; cool at least 15 minutes more. Store, covered, at room temperature, 1 to 2 days. Serves 12.

***TIP** If you don't have a mixer with a dough hook, stir together 1½ cups of the flour, the milk, ¼ cup granulated sugar, the eggs, yeast, and ½ tsp. *kosher salt* with a wooden spoon. Stir in butter pieces, one at a time, until mixed in (it should take 5 to 6 minutes). Stir in the remaining flour until satiny and elastic (about 3 minutes). Continue as directed in Step 3.

PER SERVING *190 cal, 5 g fat (3 g sat fat), 42 mg chol, 65 mg sodium, 32 g carb, 1 g fiber, 15 g sugars, 4 g pro*

PHOTO: CARSON DOWNING

CRANBERRY & BEET PANZANELLA

HANDS-ON TIME 15 min.
TOTAL TIME 50 min.

- **⅓ cup cranberry juice**
- **1 Tbsp. red wine vinegar**
- **1 Tbsp. honey**
- **4 medium red and/or golden beets (about 1½ lb. total), trimmed, peeled, and cut into ½-inch wedges**
- **2 shallots, cut into wedges (½ cup)**
- **4 cups 1-inch artisan bread cubes**
- **½ cup dried cranberries**
- **2 cups mixed fresh herb leaves, such as parsley, mint, and/or dill**

1. Preheat oven to 425°F. For dressing: In a small bowl whisk together juice, vinegar, honey, ⅓ cup *olive oil,* ½ tsp. *kosher salt,* and ¼ tsp. *black pepper.*

2. Place beets in a medium bowl. Add 2 Tbsp. of the dressing; toss to coat. (If using both red and golden beets, place in separate bowls and add 1 Tbsp. dressing to each bowl; toss to coat.) Place beets on one side of a 15×10-inch baking pan coated with *nonstick cooking spray.* Place shallots on the other side of the pan; drizzle with 1 Tbsp. of the remaining dressing. Roast 20 minutes, stirring once.

3. Meanwhile, in a large bowl toss bread cubes with 2 Tbsp. of the remaining dressing. Add to pan next to shallots. Roast about 15 minutes more or until beets are tender and bread is toasted, stirring once.

4. Transfer beets, shallots, and bread to a platter or large shallow bowl. Top with cranberries and herbs. Serve with remaining dressing. Serves 6.

PER SERVING *255 cal, 13 g fat (2 g sat fat), 389 mg sodium, 35 g carb, 5 g fiber, 18 g sugars, 4 g pro*

CRANBERRY PISCO SOUR

HANDS-ON TIME 10 min.
TOTAL TIME 5 hr. 40 min., includes chilling and drying

- **1 cup granulated sugar**
- **1 cup unsweetened cranberry juice**
- **1 cup fresh or frozen cranberries**
- **¾ cup superfine sugar**
- **2 oz. pisco brandy**
- **1 oz. unsweetened cranberry juice**
- **½ oz. lime juice**
- **½ oz. egg white (see headnote, *p. 93*)**
- **Angostura bitters**

1. For simple syrup: In a medium saucepan combine granulated sugar and the 1 cup cranberry juice. Heat over medium-high, whisking to dissolve sugar. Bring to a simmer; remove from heat. Stir in cranberries. Let stand 30 minutes. Cover and chill at least 4 or up to 24 hours.

2. Strain cranberries, reserving syrup. Place superfine sugar in a bowl. Working with a few at a time, roll cranberries in the sugar. Let dry on a parchment-lined baking sheet at least 1 hour. Thread onto cocktail picks.

3. For each cocktail, in a cocktail shaker combine pisco, the 1 oz. cranberry juice, the lime juice, egg white, and ½ oz. of the cranberry syrup. Shake 15 to 20 seconds. Fill cocktail shaker two-thirds full with *ice;* shake 20 seconds. Strain into a cocktail glass. Add three or four drops bitters to the cocktail and garnish with sugared cranberry skewer. Makes 1.

PER COCKTAIL *214 cal, 29 mg sodium, 18 g carb, 16 g sugars, 2 g pro* ■

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ONE SERVING EQUALS

1 slice whole grain bread

½ cup cooked whole grain pasta, brown rice, or oatmeal

1 cup whole grain cereal

three

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Whole grains deliver heart-healthy B vitamins and fiber, which can help you stay satiated and stabilize blood sugar levels. When food shopping, look for a whole grain, such as whole wheat flour or oats, as the first ingredient.

NOVEMBER 25 IS NATIONAL FAMILY HEALTH HISTORY DAY

Find out what conditions are in your family tree so you can take the right steps to protect your own health. Talk to relatives and ask about their health issues (such as high blood pressure or diabetes) and the age they were diagnosed. For more questions to ask and a tool to save your family's health history, visit *phgkb.cdc.gov/FHH*.

1 *in* 3

That's how many Americans say they'll have to push back retirement due to the pandemic.

About 14 million adults have stopped contributing to their retirement accounts, according to a March 2021 survey. Before you quit saving, sit down with an adviser to assess your situation and make a plan. Avoid withdrawing from retirement accounts, which can rack up steep penalties; ask lenders for forbearance first.

In a recent survey 45% of Americans said they're considering purchasing travel insurance for trips.

Insurance costs about 5 to 10 percent of your total trip. If you're taking a $3,000 family vacation, that could add up to $300. But read the fine print; many policies don't cover cancellations due to the pandemic. Compare plans at *travelinsurance.com* or *squaremouth.com*.

You should get a minimum of **six hours of sleep each night.**

Falling short for even one night can have a big impact. Research shows people who got less than six hours reported more negative emotions (anger and irritability) and physical symptoms (muscle aches and stomach issues). Getting seven to eight hours is ideal. Stick to a schedule: Go to bed and wake up at the same time every day, even on weekends.

BY: SHARON LIAO. PHOTOS: (OATS) EVGENY RUKAVITSYN/SHUTTERSTOCK; (CLOCK) WESTEND61/GETTY IMAGES

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If you have diabetes, excess blood sugar can damage the blood vessels inside your eyes—a condition known as **diabetic retinopathy. Even if your vision seems fine and you don't notice it happening, there still may be damage that could lead to vision loss.** Fortunately, an eye doctor may be able to help your eyes and protect against vision loss.

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4 Things You Need to Know About PREDIABETES

One in three adults has this condition, but more than 84 percent of those people don't know they have it. Here's how you can detect and reverse prediabetes.

it's a serious condition

Without losing weight and increasing physical activity, 15 to 30 percent of people with prediabetes develop type 2 diabetes within five years. Both prediabetes and diabetes may put you at increased risk for heart disease and stroke, nerve damage, skin conditions, kidney disease, and vision problems such as diabetic retinopathy.

testing is simple

The American Diabetes Association advises testing starting at age 45. If you have risk factors, talk to your doctor about starting younger; new guidelines say that if you're overweight or obese, screen at age 35. At your checkup, have a **fasting plasma glucose test,** which checks blood sugar levels after a fast of at least eight hours. If your numbers are normal, retest every three years. Levels of 100–125 mg/dL indicate prediabetes. There's also the **hemoglobin A1C test,** which reflects your average blood sugar levels over a period of three months. The **oral glucose tolerance test** measures how your body processes glucose by checking your blood sugar levels after fasting eight hours then two hours after you drink a sugary solution.

you can reverse it

Lifestyle changes can prevent prediabetes from becoming full-fledged type 2 diabetes. In fact, a major study from the National Institutes of Health found that while some medications may delay the development of diabetes, diet and exercise worked better. Exercise helps control weight and blood sugar. Just 25 minutes a day of moderate physical activity coupled with losing 5 to 7 percent of your body weight (for 150 pounds, that's losing 8–11 pounds) reduced the risk of developing type 2 diabetes by 58 percent after three years. "Even a moderate increase in exercise can make a big difference," says Leann Olansky, M.D., an endocrinologist at Cleveland Clinic. For diet, focus on whole foods and whole grains, avoid added sugar, limit alcohol, and skip sugary drinks.

it can be hard to detect

Blood sugar levels associated with prediabetes typically aren't high enough to cause noticeable symptoms, so regular testing is the best way to identify the condition, says Susan Herzlinger Botein, M.D., at the Joslin Diabetes Center in Boston. Talk to your doctor about the risk factors, such as high blood pressure, being overweight, and having an immediate family member with type 2 diabetes. Women are at an increased risk if they have a condition called polycystic ovary syndrome or had gestational diabetes during pregnancy, even if their blood sugar returned to normal.

QUICKIE QUIZ

CHECK YOUR ODDS

Take this one-minute test from the ADA to get a sense of your risk for developing diabetes: Find the quiz at *diabetes.org/risk-test.* ■

BY **LESLIE PEPPER**

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the lowdown on alternative treatments for pets

As we use more nontraditional therapies for ourselves, our interest in using them for pets has also increased. What the research shows is worth considering for dogs and cats.

MASSAGE

Nearly everyone feels better after a good massage, and the same is true for cats and dogs. Massage enhances muscle relaxation, increases flexibility and mobility, and helps speed up recovery. "Massage promotes blood flow, which brings oxygen and nutrients to vital tissues and organs," says integrative veterinarian and author Carol Osborne, D.V.M., founder of the Chagrin Falls Pet Clinic and Veterinary Center in Ohio. "It also stimulates the release of endorphins, the body's feel-good hormones." Massage can also break down knots in connective tissue, helping reduce pain. It makes pets feel good and gives them a sense of well-being.

▶ THE RESEARCH Massage reduced the severity of muscle pain in dogs in a 2021 study in the United Kingdom. And research suggests that massage therapy in cats and dogs can relieve fluid retention.

"It's really underrated therapy—people don't give massage enough credit for how much it can help with pain, inflammation, and recovery," says Angie Krause, D.V.M., owner of Boulder Holistic Vet.

ACUPUNCTURE

A component of traditional Chinese medicine that dates back thousands of years, acupuncture involves the insertion of very thin needles into the skin at strategic points to open blockages to stimulate healing. In dogs and cats, acupuncture is used primarily for treating pain, neurologic conditions, gastrointestinal disorders, kidney or liver disease, and anxiety issues. It's thought that pain is eased by endorphins released during a session. Acupuncture is often coupled with other therapies like herbal medicine, physical rehabilitation, manual therapies, and dietary intervention, says Jonathan S. Block, D.V.M., C.V.A., C.C.R.T., owner of West Delray Veterinary in Florida.

▶ THE RESEARCH In a 2017 study of 181 dogs with neurological and musculoskeletal conditions, regular acupuncture sessions reduced pain and improved quality of life and mobility for about 80 percent of the dogs, says a report in *The Canadian Veterinary Journal*. And a 2019 study found that presurgery acupuncture significantly reduced cats' need for pain medication in the first 24 hours postsurgery.

TALK TO YOUR VET FIRST

"Alternative therapies open up the toolbox so we can find therapeutic answers for some pets who may not have found relief elsewhere."

JONATHAN BLOCK, *D.V.M.*

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HYDROTHERAPY

Used primarily for dogs, hydrotherapy can help with musculoskeletal and neurological conditions and postoperative rehabilitation for some surgeries, like knee or back. The technique involves dogs doing therapeutic exercises in warm water (between 85°F and 92°F), often on an underwater treadmill, to help decrease inflammation and improve mobility and circulation. "The buoyancy of the water helps them stand upright, which takes the impact off the bones and joints, and the surface tension of the water creates resistance to help them build strength and muscle," Block says.

▶ THE RESEARCH
In a 2018 study from the United Kingdom, a single session of hydrotherapy helped Labrador retrievers with elbow dysplasia increase their range of motion and stride.

CHINESE HERBS

Chinese herbs are used by vets to treat arthritis, gastrointestinal disorders, and chronic respiratory problems. "We're basically using them as we would use a medication to decrease inflammation, but also to promote better energy flow," says Nicholas Albano, D.V.M., owner of the Balance Veterinary Center in Rockville, MD.

Chinese herbs are typically given as capsules or tablets, powders, or tinctures (liquids). "Many of these formulas decrease inflammation and increase blood flow," Krause says.

▶ THE RESEARCH
A 2019 study from Japan found that when dogs were given a particular blend of traditional Chinese herbs for 28 days, the stress damage on a cellular level declined significantly, a change that could help protect against heart disease.

HOMEOPATHY

The theory behind homeopathy is that giving a diluted form of a substance similar to the one that causes symptoms stimulates the immune system to heal the body. Homeopathy is often used with other treatments such as nutritional and chiropractic therapies.

"It's important for people to give a precise history of the pet's symptoms so the veterinarian can choose the correct remedy," Osborne says. This is an area where nuance matters because different digestive problems, for example, require different homeopathic remedies.

▶ THE RESEARCH
While the research on homeopathy in pets isn't as robust as it is for other methods, a 2007 study from the United Kingdom suggested that homeopathic treatments improved arthritis and epilepsy in dogs and dermatitis, gingivitis, and hyperthyroidism in cats.

Using alternative therapies for your pet can be an addition to traditional medicine, depending on your pet's health condition and temperament. "For us, it's about the art and science of medicine," Block says. "Our goal is to help them live longer, healthier lives." ■

FINDING AN EXPERT

The American Holistic Veterinary Medical Association (ahvma.org) provides a searchable list of veterinarians who are trained in treating animals with alternative therapies.

7:32 am — Sensitive
9:47 am — Vulnerable
1:49 pm — Distracted
4:08 pm — Open-minded
7:43 pm — Happy

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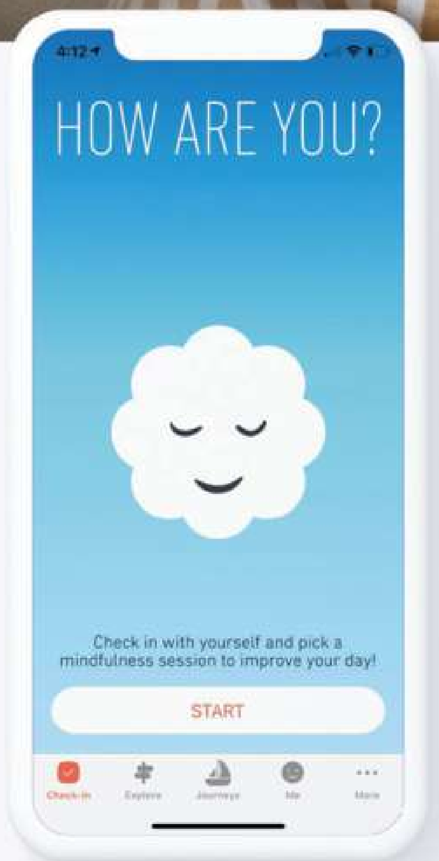
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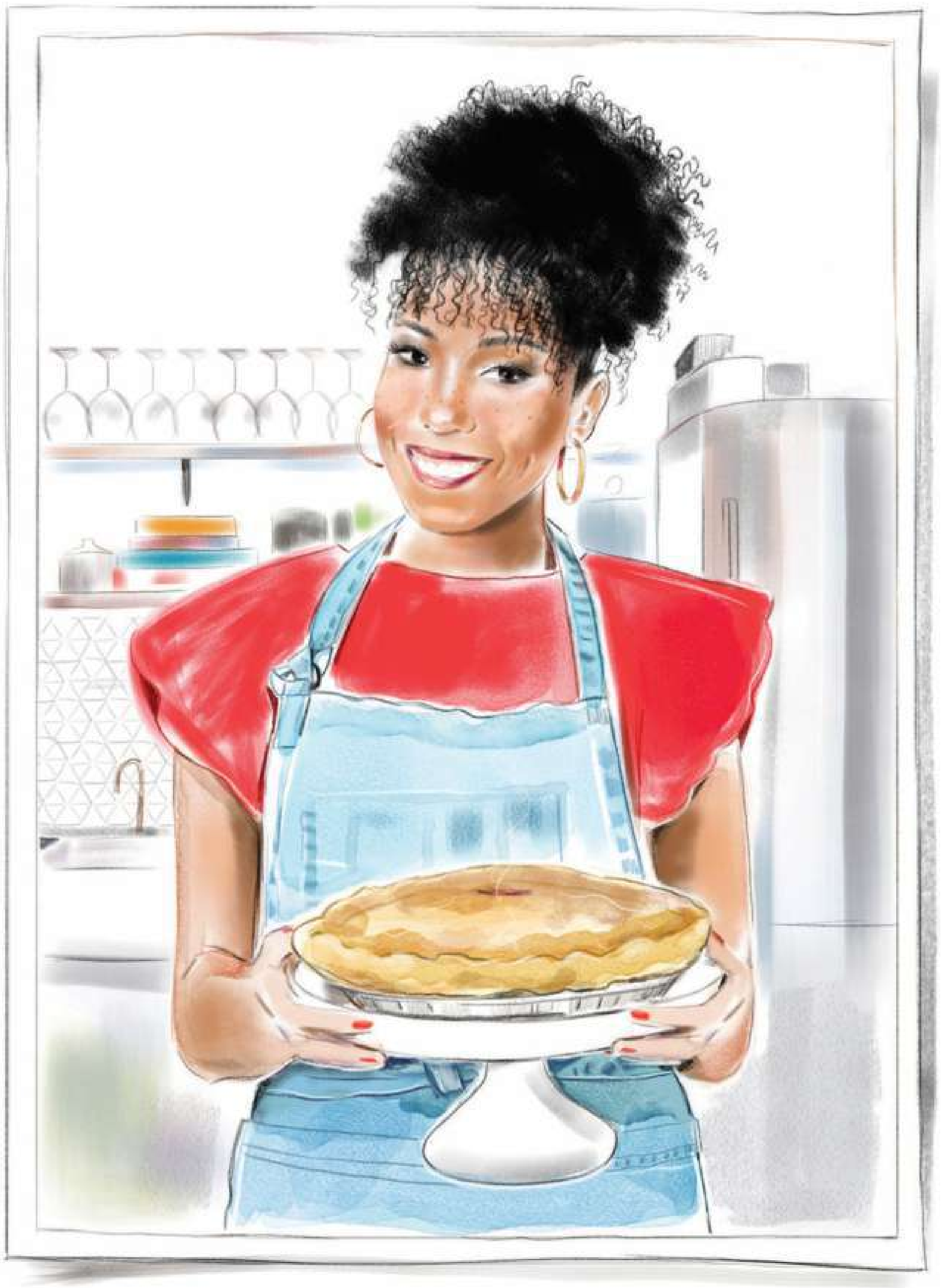
[THANKSGIVING TRADITION]

> *“My dad’s family is from Louisiana, and our holiday tradition is to serve gumbo, not turkey. It’s the fancy kind of gumbo with sausage, fresh shrimp, and crab legs.”*



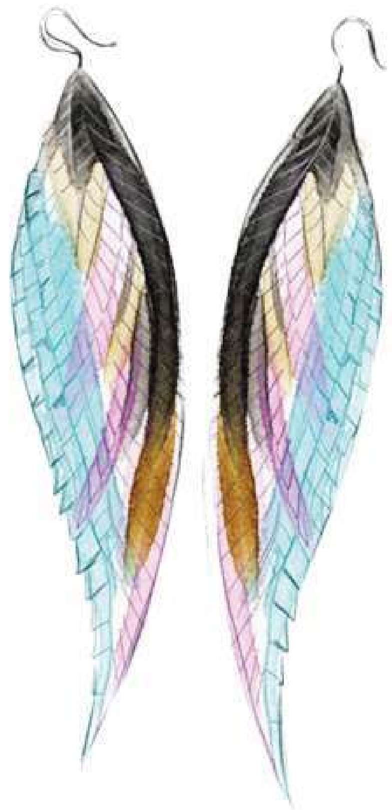
MAYA-CAMILLE BROUSSARD

MAKING A POSITIVE IMPACT IN HER COMMUNITY—ONE DELICIOUS PIE AT A TIME.

Maya-Camille’s Instagram feed, @JusticeofthePies, is a must-follow for surprising flavors (hello, blue cheese-praline-pear pie). The Chicago-based chef, community advocate, and contestant on Netflix’s *Bake Squad* shares her favorite finds.

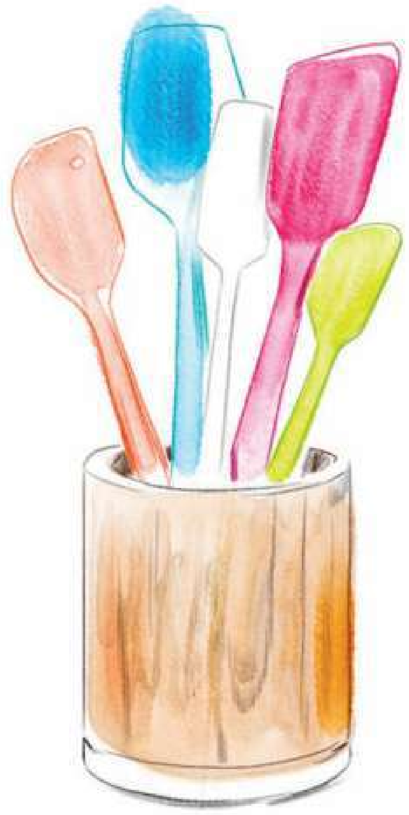
pies to go

Pick up pies in person or online through *goldbelly.com*, or sign up for Maya-Camille’s virtual cooking classes ($75) to learn how to make your own. On tap for November: sweet potato and plantain pie *(justiceofthepies.com).*



accessory refresh

Maya-Camille spends a lot of time on Facetime and Zoom—she’s hearing-impaired and prefers video chats so she can read lips. She likes to wear fun, eye-catching jewelry on camera. “I’m a big fan of these hand-painted Italian leather earrings that look like feathers” *(found-objects.com).*



can’t cook without…

“I love silicone spatulas, and I have at least 20 in every size and color.” Her utensil of choice: OXO’s jar spatula ($9; *oxo.com*). “It gets every last drop of ingredient.”

ways to give back

Community service is a part of Maya-Camille’s business plan. Among other works, her “I Knead Love” workshops teach basic kitchen skills and nutrition to lower-income children. Giving is also a family tradition: “My best memories are of volunteering with my sister at the local shelter on Christmas Eve. It’s incredibly fulfilling and fun.”

teatime find

“I end every day with a cup of hibiscus tea.” Maya-Camille’s favorite source: Brooklyn Tea *(brooklyntea.com).* ■

“My dad passed down his passion for social justice, baking, and eating anything made with a crust.”

BY: DIANA DICKINSON

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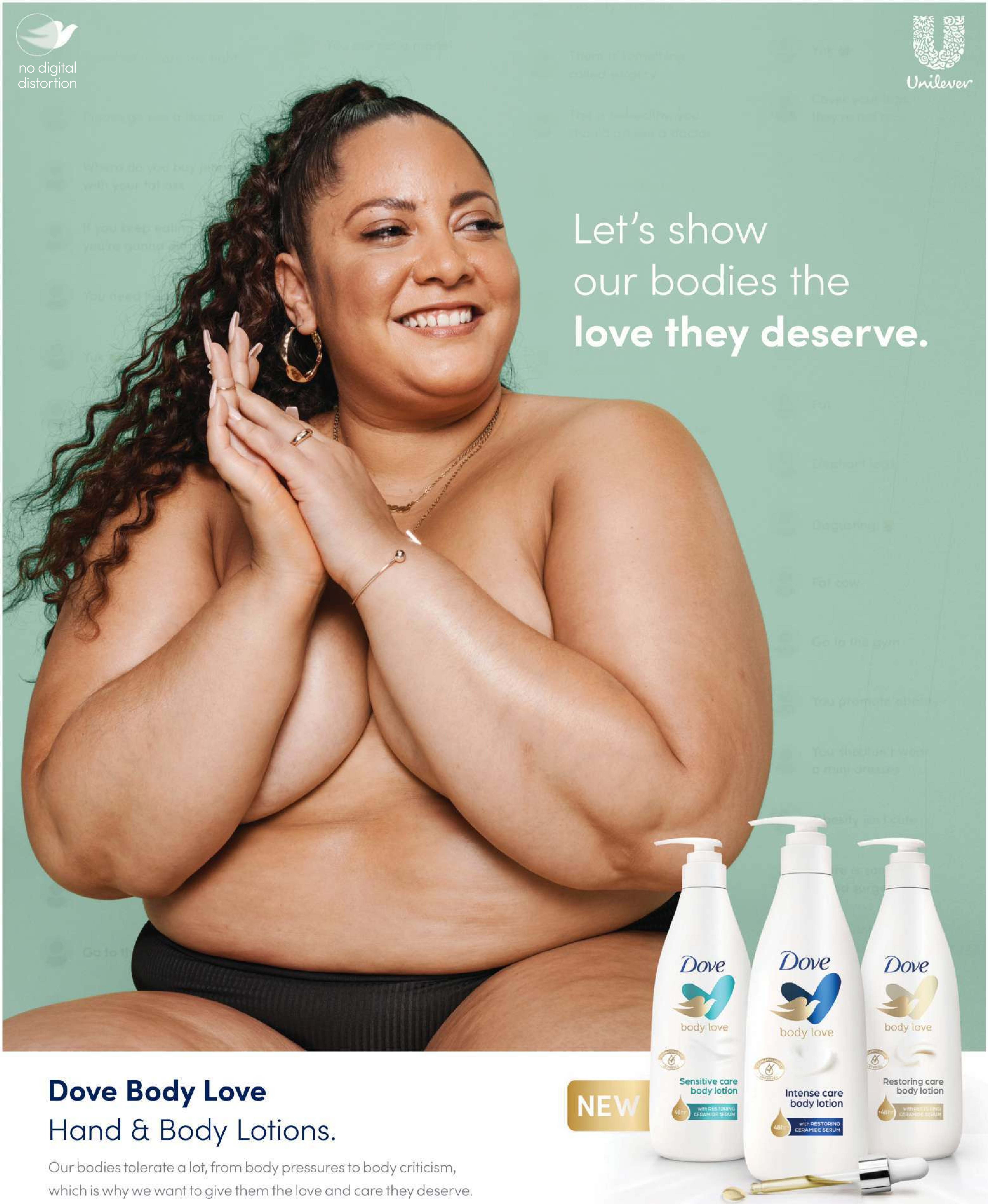
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